BBC

110 recipes: fresh new ideas

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- Healthy Shepherd's pie

Every occasion
Weekend menu
Family Sunday lunch
New twists on pancakes

Sticky citrus sponge cake

TV recipes
- Saturday Kitchen
- Baking Made Easy
- Something for the Weekend

BBC one BBC TWO

James Martin's hearty onion soup

Friday night food – fun pizza party

Cute cakes & bakes to make for charity

MONEY WISE

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Welcome

Our special moneywise issue aims to help you get maximum value from the food you buy and the meals you make. Let's face it, who doesn't want to keep costs down at the moment? Being a savvy shopper is a good start, but if you've always shied away from the supermarkets' economy lines, think again. Our 30 best budget buys reveal the ones really worth putting in your basket, p128.

Midweek suppers get the moneywise treatment in our Make it tonight feature (p22) and our purse-friendly lunch ideas are a brilliant alternative to shop-bought sandwiches (p33).

Many of you want ideas for batch cooking – a great way to save money – and time, too. There's also something very satisfying about having a freezer full of home-cooked ready meals. This month's batch cooking, p104, includes a wonderful Lentil ragú and a warming Oaty apple crumble – both guaranteed to become winter favourites.

Enjoy your cooking this month

Gillian

Gillian Carter, Editor

PS *Good Food* is now available every month as an iPad App – to celebrate you can win a 32GB iPad, see p126. It's a stunning way to enjoy our recipes, it's easy to use and practical to cook from, too. For a free sampler, visit the Apple App store and search for '*Good Food*'. All our subscribers can download the full iPad version absolutely free.

MONEY WISE

Turn to p22 for plenty of value-for-money meals

Try a slice of the past – bake a Selkirk Bannock, p70

Best from BBC chefs
- A knockout budget lunch from *MasterChef*'s **John Torode**, p118.
- **Lorraine Pascale** creates showstopping cakes in her new BBC series, p136.
- *Saturday Kitchen* presenter **James Martin** cooks with British cheeses, p76.

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EVERYDAY

HEALTHY

NEW SECTION

IN SEASON

ON THE COVER

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Cover recipe and food styling SARA BUENFELD
Photograph LIS PARSONS Styling JENNY IGGLEDEN

Hugh Fearnley-Whittingstall
the original River Cottage cookbook

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Subscribe by 31 March and get Hugh Fearnley-Whittingstall's *The Original River Cottage Cookbook* free, see p90

COOK'S NOTES

MAKE OF THE MONTH

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This month in the *Good Food* Test Kitchen

Every month, our Cookery team puts the recipes in *Good Food* through their paces in our Test Kitchen to make sure they'll work first time for you at home.

This month, John Torode, restaurateur and *MasterChef* judge, gave us his recipe for Minced beef Wellington – a dish passed down by his grandmother. We wondered if the mince would hold together and slice as well as a traditional Beef Wellington, but when we cooked it, we were impressed – a tasty twist on the original and far cheaper. Try the recipe on p118.

We've also been busy with a ruler, getting the measurements right for Sarah Cook's Battenberg cake. See the results on p124.

Turn to p138 for more about how we develop and test all our recipes

RECIPE KEY ● Healthy option ■ Low fat ❄ Suitable for freezing

MENUS OF THE MONTH

Celebrate St Patrick's Day with friends

Pan-fried salmon with watercress, potenta croutons & capers **p112**

Root vegetable mash **p37**

Black velvet baby cakes **p146**

The kids have friends round for tea

Sweet & sticky wings with classic slaw **p26**

Jacket potatoes with home-baked beans **p48**

Double choc shortbreads **p80**

Cook's notes

This month's letters, news, best buys and cookery advice

Catherine Dunkley from Northants came up with this super-quick and easy recipe one evening after her two young boys asked for a pudding

Microwave coffee & walnut cake

SERVES 4 • PREP 15 mins • COOK 10 mins Easy

Reader recipe

Want to share one of your recipes with other *Good Food* fans? Send them to us at the address overleaf

85g/3oz very soft butter
85g/3oz golden caster sugar
2 eggs, beaten
85g/3oz self-raising flour
2 tsp instant coffee powder
small handful of walnut pieces (optional)
FOR THE BUTTERCREAM
1 tsp instant coffee powder
1 tsp milk
25g/2oz very soft butter
100g/4oz icing sugar

1 In a medium bowl, beat the butter and sugar together until light and fluffy. Gradually add the eggs followed by the flour and instant coffee. Stir most of the walnuts (if using) into the batter, reserving a few for decoration. Transfer to a microwave-proof dish and cook on full power for 2 mins. Reduce the power to medium and cook for 2 mins.

2 After 4 mins, check to see if the cake is cooked – it should be risen and spring back when touched. If it needs a bit longer, cook on medium for 1 min more at a time, checking after each minute until the cake is cooked. Remove and allow to cool.

3 Meanwhile, make the coffee butter cream. Dissolve the coffee in the milk, then add the butter and icing sugar. Beat until smooth, spread over the cake and top with the reserved walnuts.

PER SERVING 538 kcals, protein 7g, carbs 65g, fat 30g, sat fat 16g, fibre 1g, sugar 49g, salt 0.65g

Make a treat with storecupboard staples

Test Kitchen verdict

This is delicious served warm with custard or a dollop of fresh cream.

Compiled by SARAH SYSUM and ANDREA McGINNISS | Reader recipe photograph GARETH MORGANS | Food styling LIZZIE HARRIS | Styling ARABELLA McNIE

We love to hear from you. Email us at *goodfood@bbc.co.uk* or write to *Good Food*, Media Centre, MC3D1, 201 Wood Lane, London W12 7TQ. Please include your full name, address and daytime phone number

From your kitchen

*Star letter

Dear *Good Food*,
I recently had friends over and cooked them one of my favourites – Spiced carrot & lentil soup (Oct 2005). There was a little left over, so rather than add more water, I used it as the base for a chicken dhansak curry. I fried onions, garlic and ginger, browned some chunks of chicken and added a few more spices. Hey presto – a fantastic warming (and healthy) curry. Just the job for a cold evening in.
Cath Brobin, Cardiff

Cath wins 18 bottles of the fruity and elegant Louis Jadot Beaujolais Villages – lovely with spring lamb. Widely available from £9.49 a bottle, *louisjadot.com*.

Meet this month's reader taste team panel

Jenna Waite says her back issues of *Good Food* are her most useful recipe source. She enjoys experimenting in the kitchen, but her favourite recipe is Breadcrumb chicken with mozzarella. For comfort she makes Chicken curry with onion bhajis.

Laura Stone's Paprika pork with creamy mash is always a winner – she makes double the amount so she can have some for lunch the next day. Her favourite cookery book is *Jamie's 30 Minute Meals* and she enjoys watching the Hairy Bikers and baking cakes and buns.

Sarah Crago enjoys putting on themed dinner parties for her hungry friends – they love her layered Mexican dip and Thai green curry. She says the key to a delicious dish is fresh herbs and she loves to cook from the *Riverford Farm Cook Book*.

To take part in our reader taste team, write to CJ Jackson at *Good Food*, Media Centre, MC3D1, 201 Wood Lane, London W12 7TQ or email *goodfood@bbc.co.uk*.

SEND US YOUR RECIPES

Catherine wins a James Martin Cookware stainless-steel sauté pan, worth £100. For stockists, call 0117 940 0000 or visit *stellarcookware.co.uk*.

Our Rocky robin cake, Dec 2010, was a big hit – here are just two of the many letters and photographs we received

Here's my daughter Natasha, 10, and our Christmas cake, newly decorated. She enjoyed making the robins so much that we've ended up with an entire family.
Jennifer Trotman, Axbridge, Somerset

I decided to tackle the Rocky robin cake and was pleasantly surprised at just how easy it was to reproduce. As you can see, the end result wasn't too bad.
Lee Farnsworth, Surrey

Calling young cooks

Do you love creating new recipes? If you're aged between 10 and 14, now's your chance to enter the annual Cook It! competition and showcase your skills.

The cooking challenge, run by the Guild of Food Writers, is seeking original recipes for a two-course meal that show originality and skill. The closing date is 28 April and the finalists will get to cook in the BBC *Good Food* kitchen. For details, visit *gfw.co.uk*.

Catch up with more cooks like you

facebook **Find us on Facebook** – search for 'BBC Good Food' and join the discussions. This month we asked: 'What's for dinner?'

- **Butternut squash jalousie.** Never cooked with pastry before, but it looks good and so yummy I'm going to give it a try. *Tee Amy*
- **Roast leg of pork** with the crackliest of crackling hopefully! *Joanne Gallagher*
- **Easy chicken tagine** followed by **homemade lemon drizzle cake**, almost too many recipes to choose from! *Marieclaire Bacco*
- I've got your **slow-cooked pork & red cabbage** in the oven. Serving with mashed potato and a bottle of red! *Dolores McRedmond*

What's happening at *bbcgoodfood.com* this month...

- Hearty Irish recipes for St Patrick's Day parties.
- Leek recipes and other Welsh delicacies for St David's Day.
- Kick off spring in style with more than 100 new recipes, plus competitions, offers and loads of in-season ideas.

twitter **We're on Twitter too; follow us @bbcgoodfood**

- Loving the special subscribers cover of @bbcgoodfood February issue. *Laurajami*
- Your Noodles with Turkey, Green Beans and Hoisin – delicious! *cookingblogger*
- Thanks for the healthy recipes, I am trying the Spicy chicken & broccoli salad tonight! *b_fly77*

Good Food is available in both audio and electronic formats from National Talking Newspapers & Magazines. For more information, please contact National Talking Newspapers & Magazines, National Recording Centre, Heathfield, East Sussex TN21 8DB. Email *info@tnauk.org.uk* or call 01435 866102. If enquiring on behalf of someone who has trouble with their sight, please consult them first.

What's new

IN STORE NOW

■ Baking is set to be even bigger this year and supermarket specialist baking ranges continue to grow. Our cookery team loved the clean taste of Sainsbury's peppermint extract. The subtle flavour worked well in cakes and sweets (see our Peppermint truffle recipe at *bbcgoodfood.com*). **Taste the Difference American peppermint extract, £2.69, 38ml.**

■ Great to find a company selling whole pieces of British pancetta. Our piece tasted delicious, with plenty of creamy fat. You can freeze it, but it can also be kept for about three months in the fridge. **British pancetta, £15 for approx 600g, 01707 818598, *britishsausages.co.uk*.**

Healthy choice

■ Look out for the latest vegetable – the flower sprout, a cross between kale and a Brussels sprout. It has twice the amount of B6, C and E vitamins than a sprout. We converted even hardened sprout-haters, who enjoyed its rich, irony flavour. **Flower sprouts, £1.99, 160g, Marks & Spencer.**

■ Don't dismiss the freezer aisle for fruit and veg – much of it can be cheaper than chilled. Asda's range is particularly good. Our highlights are juicy morello cherries and tart sliced rhubarb – both excellent standbys for a quick crumble. **Asda sliced rhubarb, 500g; morello cherries, 300g, both £1.97.**

STYLE GURU

As well as being an ace recipe writer, our Deputy cookery editor, Sarah Cook, is also a talented food stylist – see her Battenberg cake on p124. She will be sharing her know-how on a seven-week course at Leiths School of Food and Wine. For details, call 020 8749 6400, or see *leiths.com*.

HOT STUFF

A cast-iron stone is a great way to cook dough and pancake mixes on the hob, as the metal absorbs moisture to create an evenly cooked base. It's excellent for frying eggs and searing steaks, too. Kitchen Craft 27cm cast-iron baking stone, from £14.99, kitchen shops and *amazon.co.uk*

GROW A RED NOSE

You can grow your own tomato 'noses' for this year's Red Nose Day on 18 March. Each pack has a bag of soil and a pack of seeds, so you'll soon have a crop of red noses. £2 (with at least 85p going to Comic Relief), Sainsbury's or *rednoseday.com*

Packed with more than 650 recipes – all tested by our team – *The Good Food Cook Book* (£20, BBC Books) is destined to become a kitchen classic.

Compiled by Jane Hornby, our former food editor, there's dishes for every occasion, including veggie options, plus lots of practical info on equipment, techniques, choosing produce and storing food. A great gift for Mother's Day, for a first house, or as a wedding present. Perhaps we'll send one to Prince William and Kate...

Raymond shares his secrets

What's on TV

The Michelin-starred chef is back with a second helping of his inspiring *Kitchen Secrets*. Once again, the main action takes place in his working kitchen at Le Manoir aux Quat' Saisons in Oxfordshire.

Each programme includes a range of recipes to suit different skill levels and is themed around a particular family of ingredients, including shellfish, charcuterie, and greens and herbs. For recipes from the series, don't miss next month's issue of *Good Food*.

• ***Raymond Blanc's Kitchen Secrets* starts in February on BBC Two.**

Compiled by SARAH SYSUM, prices correct at time of going to press | TV news KATHRYN CUSTANCE, programme information correct at time of going to press. Please check *Radio Times*, *radiotimes.com* or *bbc.co.uk* for transmission details | Photographs ADRIAN TAYLOR and PETER CASSIDY

NEW SERIES Cook school secrets

Learn to joint a chicken

Expand your kitchen skills as **Mary Cadogan** shares a money-saving tehnique

Photographs MYLES NEW

Jointing a chicken may seem a little complicated the first time, but after you've tackled it a few times, the process will be like second nature to you – and you'll find it one of the most useful skills you can master. Not only will it save you money – a whole chicken will cost around £3 less than buying all the pieces separately – it also gives you the perfect mix of white and dark meat when making a casserole or stew. In addition, you'll get enough trimmings to make a delicious stock.

EQUIPMENT YOU'LL NEED

- **Large chopping board**
- **Kitchen shears or sturdy scissors**
- **Large sharp knife**

BUYING CHICKEN

Buying free-range organic chicken will reward you with great flavour, plus you'll know that you've bought a bird that has been well treated during its lifetime. Make stock with the trimmings as this can be used to add depth of flavour to my recipe here (right), or for a risotto or soup.

Mary Cadogan, a former Food director of *Good Food*, now runs a cookery school in the Charente, south-west France, sharing her experience and recipes. Find out more at *marycadogan.com*.

HOW TO JOINT A CHICKEN

STEP 1

Cut off the ends of the wing tips using kitchen shears or sturdy scissors. Remove any string and open out the bird to check it over. Pull off remaining feathers. Trim off the ends of the leg joints at the knuckle using a large sharp knife. Reserve these for stock.

STEP 2

Sit the chicken breast-side down and use shears or scissors to cut along one side of the backbone towards the neck end. Cut down the other side of the backbone to remove it. Reserve for stock.

STEP 3

Open the bird out flat on the board with the breast uppermost. Using shears or scissors, cut down the centre of the breast to chop the chicken in half.

STEP 4

Place one half on the board and slide your knife almost horizontally between the leg joint and the breast. Cut between the leg portion to remove. Repeat with the other chicken half.

STEP 5

Feel the leg joint to locate where the bones meet. Cut down sharply to give you a drumstick and a thigh joint. Repeat with the other leg.

STEP 6

Cut down vertically through the breast joint to give you a wing with a third or so of breast and a breast joint. You will now have eight roughly even-sized pieces of chicken.

Food styling MARY CADOGAN

Chicken with sweet wine & garlic

SERVES 4 • PREP 30 mins • COOK 1 hr 15 mins Moderately easy

2 tbsp seasoned flour
1 free-range chicken, about 1.5kg/3lb 5oz, jointed into 8 pieces
4-5 tbsp olive oil
2 shallots, finely chopped
200ml/7fl oz sweet wine, such as Sauternes
300ml/½pt chicken stock (see below)
sprig each of parsley, thyme and bay tied with string
1 head garlic
50g/2oz butter
200g/8oz chestnut mushrooms
3 rounded tbsp crème fraîche
a little lemon juice, if needed

1 Tip the flour into a large food bag. Add the chicken pieces, two at a time, and shake well to coat evenly. Heat 2 tbsp oil in a large pan, add a few pieces of chicken and fry on all sides until well browned. You'll need to do this in batches and you may need a touch more oil or fat. Remove the pieces to a large saucepan or flameproof casserole.
2 Add 1 tbsp oil to the pan, add the shallots and fry gently until softened, but not browned. Add the wine and allow to bubble until it is reduced a little. Add the stock, herb bundle and seasoning and bring to the boil. Pour over the chicken.
3 Cover the pan tightly and simmer for 45 mins until the chicken is tender and the sauce thickened and reduced.
4 Meanwhile, separate the garlic head into individual cloves and put in a small pan with water to cover. Bring to the boil, then cover and simmer for 20-25 mins until the garlic is tender. Drain and cool under running cold water. Peel the garlic.
6 Heat half the butter and a splash of oil in a frying pan. Add the mushrooms and cook quickly over a moderate heat until just softened. Tip into a bowl. Wipe out the pan and add the remaining butter and a splash of oil. Add the garlic and fry gently, shaking the pan until lightly browned. Season lightly.
7 Stir the mushrooms and crème fraîche into the chicken and bring to the boil. Simmer for 5 mins, then taste and add more seasoning and a little lemon juice if it needs it. Spoon the chicken and sauce onto a warm platter and scatter with garlic.

PER SERVING 828 kcals, protein 51g, carbs 9g, fat 62g, sat fat 22g, fibre 1g, sugar 4g, salt 0.81g

Simple, delicious and very classically French, boiling the garlic first removes its harshness so you are just left with a wonderful flavour

To make a simple chicken stock

Cut the backbone in half and put in a pan with the leg and wing tips, **1 roughly chopped carrot**, **1 stick of celery** and **1 shallot**. Add **1 bay leaf** and **a thyme sprig**, **a few black peppercorns** and some salt. Bring to the boil, then reduce heat, cover and simmer for 30 mins. Strain and use.

Here to help

Food writer **Sara Buenfeld** shares her love of cooking along with seasonal advice and kitchen tips

Perfection at last

I can't make a decent toasted cheese sandwich under my grill – it toasts the bread before the cheese melts. What am I doing wrong?
Not wanting to resort to a sandwich toaster, and after experimenting with toaster bags and different ways of preparing the cheese, I came up with this: give the cheese sandwich a quick blast in a microwave before grilling. The result? A lovely melted cheese centre with crisp toast on the outside. Take care, it'll be hot!

I love… my hand blender

This is the gadget that gets the most use in my kitchen: blending lumps in sauces, blitzing half-cooked soup in the pan to speed up cooking, thickening gravies with veg and creating instant baby food.

So I couldn't wait to test the Kenwood tri blender HB724, which has three blades instead of the usual two. The wand, made from steel, doesn't stain when in contact with spices like turmeric – I've had to bleach my white one in the past.

My verdict? Speedy and powerful. Plus it had some attachments I haven't tried before, like the Bigfoot for large quantities and the potato masher. That's crazy, I thought as I got it out of the box, but it did give me smooth mash in seconds.

A basic white tri blender with beaker starts at £34.99, up to £64.99 for additional whisk, mini chopper, masher and Bigfoot.

Q&A

Why doesn't my first pancake ever work out – the rest are perfect?
Your frying pan isn't hot enough when you start. By the time you make the next one, the heat is ideal. Warm the pan on the hob, add the oil, then test the heat by dropping in a dot of batter – it should cook instantly.

My bought pastry sheets crack as I unravel them. Why is that?
They're too cold. Next time, take them out of the fridge 30 minutes before using. It makes a big difference.

I've seen chefs strain raw egg mixtures. What's the point?
To remove the chalaza, the edible string that keeps the yolk centered inside. It disappears as the egg ages so you won't always see one. If cooked in smooth dishes like custard you'll notice it, so strain through a sieve first.

If you have a question for Sara, email us at goodfood@bbc.com

Grow your own Thai green aubergines

Plant unusual veg

If, like me, you enjoy gardening now is the time to start planning, and ordering your seeds. I've been looking online at the excellent Real Seed Catalogue, *realseeds.co.uk*, as I want to grow some unusual veg this year. The choice is brilliant, from red zebra tomatoes and white beetroot that won't stain your fingers, to Thai green aubergines.

This site recommends only the best as it trials hundreds of seeds. It gives invaluable year-round information on when to plant and crop, plus there's feedback from customers. It's a gardening site for cooks as it's all about taste. Plus, don't miss our growing special on p85.

Cloudy olive oil

Did you know that olive oil changes when stored below 7C? I've recently seen the effect in my local supermarket, where oil is displayed above a freezer cabinet, which creates a mouldy-looking sediment.

Don't be put off, as it doesn't affect the flavour or shelf life. Once the bottle is in a warm room, it will magically clear.

• **Sara Buenfeld** has more than 20 years' experience in the kitchen, and has worked on many books and magazines, including *Good Food*. She's now a food writer and creates our cover recipes every month.

Photographs CHARLIE GRAY, PHOTOLIBRARY, DAVID MUNNS, ALAMY

Books & cooks

Sally Hughes, our cookbook expert, takes a look at the best of the new releases

There are quite a few gluten-free books available now, but this is one of the best. The first section talks you through setting up a gluten-free storecupboard and introduces the gluten-free flour mixes that will prove essential later on.

The second part consists of recipes for a range of baked treats, such as Strawberry tart with meringue topping and Soft pinenut cookies, which will please both the allergy sufferer and those with a sweet tooth. If someone you know has a gluten intolerance, this should get a place on your bookshelf.

Seriously Good! Gluten-Free Cooking by Phil Vickery (£19.99, Kyle Cathie)

An absolute must for fans of the show, this will appeal to the casual reader, too. It includes recipes from the Amateur, Professional and Celebrity series of 2010, alongside contributions from the presenters.

The recipes really deliver the wow factor, making them ideal for entertaining. Try Dhruv Baker's Spice battered fish & chips or Neil Stuke's Custard tart with whisky stewed rhubarb & ginger cream. There are also step-by-step guides to techniques such as Soufflés, explained by Monica Galetti. Fabulous photographs of the food, too, so you can plate up like a *MasterChef*!

MasterChef At Home (£20, Dorling Kindersley,)

The latest in the *Good Food 101* series provide inspiration for picnics and quick and easy suppers. As always, these useful little books are crammed with great ideas.

Whether you're hoping to make the most of the spring with an early picnic, liven up your lunchbox or throw together a deliciously quick family supper, look here for trustworthy recipes illustrated with photographs of every dish.

Good Food: 101 30-minute suppers; Good Food: 101 Picnics & packed lunches (£4.99 each, BBC Books)

Baking Made Easy by Lorraine Pascale (£18.99, HarperCollins) Former model Lorraine is now a pastry chef and in her first book, to accompany a new BBC Two series, there are sweet and savoury treats, as well as main course recipes. But the baking is where it's at: Banana loaf with rum & pecans, for example, will revolutionise afternoon tea. Classics are represented, too, with a traditional Victoria sandwich and a delicious Mini toad-in-the-hole.

The book is a good mix of everyday favourites and modern recipes, sound technique and clever shortcuts. Whether you're new to baking or already a practitioner, it has plenty to offer. Find more of Lorraine's recipes on p136.

Sun-dried tomato & rosemary palmiers

MAKES 25-30 • PREP 15 mins plus chilling • COOK 15 mins Easy

500g shop-bought puff pastry
plain flour, for dusting
1 x 280g jar of sun-dried tomatoes, drained & finely chopped
few sprigs of fresh rosemary, leaves only, finely chopped
1 egg, lightly beaten

1 Put the pastry on a well-floured surface and bash it with a rolling pin. Usually we need to be quite delicate with puff pastry as it needs to rise a lot, but for palmiers it only needs to puff up a little. Roll the pastry into a rectangle about 30 x 35cm (12 x 14in) and the thickness of a £1 coin. Spread the tomatoes over the puff pastry and sprinkle over the rosemary.
2 With the shortest end facing you, take both long edges of the pastry and roll them towards each other to meet in the middle. Brush a little egg down the centre to stick the two halves together. Carefully lift onto a larger baking tray, making sure it will fit in your fridge first, and put in the fridge for at least 30 mins to chill and harden.
3 Heat oven to 200C/180 fan/gas 6. Remove the roll from the fridge and, using a very sharp knife, slice into 1cm-thick pieces. Lay each piece on the baking tray, brush well with the beaten egg then bake in the oven for 10-15 mins or until puffed up, crisp and golden.
4 Remove the palmiers from the oven and leave to cool on the baking tray. To serve, pile them high onto a plate. These are great little canapés.

COOK SCHOOL ON TEST

The Walled Garden Cookery School

Tresillian House, Newquay, Cornwall, 07540 605736, *walledgardencookeryschool.com*
A Georgian manor on a 200-acre Cornish estate is the setting for the UK's first residential cooking and gardening school, run by Leiths-trained chef Kate Benson.
On the menu The idea is to understand seasonal eating, to learn to grow veg in the Victorian kitchen garden and cook what you harvest. We spent an hour in the garden and the rest of each day in the well-equipped kitchen, making everything from game pie and preserves, to winter salads and ice cream.
Cost £650 for a long weekend from 4pm Friday to 4pm Monday. Includes tuition, accommodation, meals, wine, plants and a recipe folder. Five-day courses £1,200.
Verdict A real treat if you've been bitten by the grow-your-own bug and enjoy country house parties. **Sally-Jayne Wright**

Everyday

MONEY WISE

Quick and easy – a month of great-value family meals

Make it tonight

Quick, easy and delicious – great-value suppers to enjoy every night of the week

Recipes ROSIE REYNOLDS and LUCY NETHERTON Photographs WILL HEAP

MONEY WISE Speedy supper for one £1.32 per serving

Croque madame

SERVES 1 • PREP 5 mins • COOK 10 mins Easy

2 thin slices ham
50g/2oz Monterey Jack or cheddar, grated
2 chunky slices bread, such as sourdough
2 tbsp butter
1 egg
handful salad, to serve

1 Heat a frying pan on a medium heat and put oven on low. Put the ham and cheese between the bread slices and press to seal, then spread half the butter on the outside of the sandwich on both sides.
2 Fry in the pan, pressing down with a fish slice, for 1-2 mins until golden then flip and cook the other side. Keep warm in the oven. Melt remaining butter in the pan and fry egg for 1-2 mins until cooked. Top the croque with the egg and serve with salad.

PER SERVING 783 kcals, protein 35g, carbs 51g, fat 50g, sat fat 28g, fibre 4g, sugar 2g, salt 3.54g

MAKE IT DIFFERENT

Quick Italian toastie

Use **Parma ham**, **50g torn mozzarella** and a few **sun-dried tomatoes**, and skip the egg – great with a rocket salad dressed with olive oil.

Honey, mustard & crème fraîche baked chicken

SERVES 4 • PREP 10 mins • COOK 45 mins Easy

4 tbsp crème fraîche
2 tbsp grainy mustard
2 garlic cloves, crushed
150ml/¼pt chicken stock
8 skin-on chicken drumsticks and thighs
500g/1lb 2oz baby potatoes
200g/7oz green beans
2 tbsp clear honey
½ small bunch tarragon, roughly chopped

1 Heat oven to 200C/180C fan/gas 6. Mix together the crème fraîche, mustard, garlic and stock with some seasoning. Arrange the chicken, skin-side up, in a roasting tray just large enough for the chicken and vegetables.
2 Tuck the potatoes and beans in between the chicken pieces. Pour over the stock mixture then season the chicken and drizzle with honey. Cook for 40-45 mins until the chicken is cooked through and the potatoes tender. Scatter over the tarragon before serving.

PER SERVING 695 kcals, protein 53g, carbs 29g, fat 42g, sat fat 14g, fibre 3g, sugar 9g, salt 0.97g

TIP Why not try this recipe using a whole jointed chicken – see p14 for how to prepare. Don't add the chicken breasts at the start, instead add with 30 mins to go.

MONEY WISE Simple one-pot
£1.36 per serving

MONEY WISE Low-fat yet satisfying £1.25 per serving

Pork & noodle stir-fry

SERVES 4 • PREP 10 mins plus soaking • COOK 15 mins Easy Low fat

200g/7oz thin rice noodles
400g pack lean minced pork
1 bunch spring onions, sliced into chunks
2 carrots, cut into matchsticks
5 tbsp soy sauce
1½ tbsp caster sugar
3 tbsp rice vinegar or wine vinegar
juice 1 lime
handful mint and coriander leaves, roughly chopped

1 Put the rice noodles in a bowl and pour over enough boiling water to cover, wrap with cling film and soak for 10 mins. Meanwhile, heat a large wok or frying pan and crumble in the mince. Dry fry with some seasoning, breaking it up with a fork or wooden spoon for 7-10 mins until browned. Throw in the spring onions and carrots and cook for 2 mins more.
2 Mix the soy sauce, sugar, vinegar and lime juice. Drain the noodles, add to the pan and heat through. Pour in the dressing, top with the herbs and serve.

PER SERVING 362 kcals, protein 28g, carbs 54g, fat 5g, sat fat 2g, fibre 2g, sugar 12g, salt 3.83g

TASTE TEAM COMMENT

'The lime and coriander gave this a great fresh Asian flavour. I also added a little chilli as I like to give my stir-fries a bit of a kick.' SARAH

Tuna fish cake Niçoise salad

SERVES 4 • PREP 15 mins • COOK 25 mins Easy Fish cakes can be frozen uncooked

300g/11oz potatoes, peeled and chopped into small chunks
4 eggs
200g/7oz green beans
225g jar sustainable tuna (we used Marine Stewardship Council-approved Waitrose albacore tuna), drained and flaked – see Tip, below
50g/2oz plain flour
2 cos lettuces, torn
140g/5oz black olives in olive oil
4 tomatoes, quartered
3 tbsp white or red wine vinegar

1 In a large pan, cover the potatoes in salted water and bring to the boil. Once boiling, turn the heat down to a simmer and pop in the eggs. Cook for 7 mins, then add the beans. Cook for 3-4 mins more until the potatoes are tender.
2 Tip everything into a large colander and remove the potatoes and place in a bowl. Run the eggs and beans under cold water until cool. Mash the potatoes with some seasoning and mix with the tuna. Shape into 4 patties, and roll in the flour to coat.
3 Heat grill to high. Cook the fish cakes for 6-7 mins each side until hot and golden. Meanwhile, assemble the salad: put the lettuce, green beans, black olives and tomatoes in a large bowl. Drizzle over 1-2 tbsp of the olive oil from the olives and the vinegar and toss through. Divide between 4 plates. Peel the eggs and quarter, then add a fish cake and 4 egg quarters to each salad.

PER SERVING 395 kcals, protein 24g, carbs 30g, fat 21g, sat fat 4g, fibre 6g, sugar 7g, salt 2.09g

TIP Sustainable tuna is available in most larger supermarkets. Although it's a bit pricier, we think it's well worth the extra spend.

TASTE TEAM COMMENT
'This was quick and easy – it makes a great weekend lunch or midweek supper. I served it with sweet chilli sauce to drizzle over the fish cakes.' SARAH

Make a batch of these fish cakes – they freeze really well
£1.97 per serving

MONEY WISE Kids will love this – and it's so cheap 94p per serving

Sweet & sticky wings with classic slaw

SERVES 6 • PREP 10 mins • COOK 40 mins Easy

4 tbsp ketchup
4 garlic cloves, crushed
3 tbsp soft brown sugar
4 tbsp sweet chilli sauce
4 tbsp dark soy sauce
1 kg/2lb 4oz chicken wings
1 small white cabbage, shredded
3 large carrots, grated
1 large onion, thinly sliced
8 tbsp light salad cream or mayo

1 Heat oven to 200C/180C fan/gas 6. In a large bowl, mix the ketchup, garlic, sugar, half the sweet chilli sauce and the soy sauce with some seasoning. Tip in the wings and toss to combine so that they are all coated. Transfer to a large roasting tray or two smaller ones, in a single layer. Roast for 35-40 mins until cooked through and golden.
2 Meanwhile, make the slaw. Mix the vegetables with remaining chilli sauce, salad cream or mayo and seasoning. Pile the wings onto a large platter and transfer the slaw to a serving bowl. Let everyone dig in and help themselves.

PER SERVING 341 kcals, protein 19g, carbs 27g, fat 18g, sat fat 4g, fibre 4g, sugar 25g, salt 2.61g

MAKE IT DIFFERENT

Indian wings Mix **250g natural yogurt** with **4 heaped tbsp tikka paste** and **seasoning**. Add **1kg chicken wings** and marinate for 20 mins. Cook at 220C/200C fan/gas 7 for 35-40 mins, until lightly charred. Serve with **warmed naan**.

Quick tomato soup with cheesy garlic dippers

SERVES 2 • PREP 5 mins • COOK 20 mins Easy

400g can cherry tomatoes
1 tbsp caster sugar
100ml/3½fl oz vegetable stock
dash each Tabasco and Worcestershire sauce
2 tbsp mascarpone
few torn basil leaves (optional)
FOR THE DIPPERS
1 medium ciabatta roll, halved
1 garlic clove, halved
125g/4½oz ball mozzarella cheese, shredded

1 Put the tomatoes, sugar, stock and sauces into a medium pan with some salt and pepper. Bring to a simmer and cook for 5-10 mins. Stir in the mascarpone and blend to a smooth soup. Return to the pan and keep warm while you make the dippers.
2 Heat the grill to high and toast the ciabatta until golden. Rub with the garlic, season, then top with the cheese and grill until melted and golden. Slice into fingers and serve with the soup, sprinkled with the basil, if using.

PER SERVING 414 kcals, protein 19g, carbs 38g, fat 22g, sat fat 13g, fibre 3g, sugar 15g, salt 2.13g

USE UP LEFTOVER MASCARPONE

Pea & mint pasta for 2

Cook **200g/7oz pasta** following pack instructions, adding **140g/5oz frozen peas** for the final 3 mins of cooking time. Drain, reserving 2 tbsp of the cooking water, and tip back into the pan with **100g/4oz mascarpone**, a **handful chopped mint**, reserved cooking water and some seasoning. Mix well.

TASTE TEAM COMMENT

'This was a lovely thick soup and the ciabatta dippers made the perfect accompaniment. To serve the soup as a main meal, just make a few more cheesy garlic dippers.' JENNA

MONEY WISE Easily doubled
86p per serving

MONEY WISE £1.19 per serving

Ready in a flash
£1.42 per serving

TIP Freeze any leftover wraps wrapped well in cling film. They defrost really quickly for lunch.

Naan bread pizza

SERVES 2 • PREP 10 mins • COOK 25 mins Easy

2 pork & chilli sausages
2 red onions, sliced
1 tbsp brown sugar
1 tbsp balsamic vinegar
2 garlic & coriander naan breads
75g/2½oz feta cheese, crumbled
few coriander leaves

1 Skin the sausages, then fry the filling in a hot, non-stick frying pan, breaking up with a wooden spoon until golden. Remove and set aside. Toss the onion in the pan and gently cook in the fat from the sausages until soft, about 8-10 mins.
2 Add the sugar and vinegar to the pan and turn up the heat. Cook, stirring often, until caramelised. Season.
3 Heat grill to high, put the naan breads on a baking sheet and divide the onion between the two. Scatter over the sausagemeat and grill for 3-4 mins until hot. Scatter with feta and coriander to serve.

PER SERVING 543 kcals, protein 22g, carbs 61g, fat 25g, sat fat 11g, fibre 5g, sugar 18g, salt 2.54g

USE UP LEFTOVER SAUSAGES

Sausage meatball wraps for 2

Skin **4 pork & chilli sausages** and roll the filling into small meatballs. Fry until browned, then tip in **400g can chopped tomatoes**, **½ tsp chilli flakes** and **1 tbsp sugar**. Simmer for 10 mins. Heat **2 wraps** according to pack instructions (use leftover wraps from Tex-Mex burrito, right) divide meatballs between them, top with a handful of cheddar and roll up.

Quick sausage subs for 4

Grill **4 sausages** until golden and cooked through. Split **4 white subs** and spread each with **1 tbsp mayo** mixed with **1 tsp mustard**. Slice **1 red onion** and add to each roll. Top with a sausage and serve.

Sausage casserole for 2

Cut **4 sausages** into chunks, throw into an ovenproof casserole dish, add **1 onion**, cut into wedges, **2 carrots**, cut into chunks and **1 large chopped potato**. Cover with **350ml chicken stock** and **1 tbsp Worcestershire sauce**. Cover and cook in a hot oven for 45-50 mins until veg is tender. Remove lid and cook, uncovered, until sauce thickens.

Tex-Mex burrito

SERVES 2 • PREP 10 mins • COOK 10 mins Easy V

2 tomatoes, halved, seeds scooped out, then chopped
3 spring onions, chopped
1 red chilli, sliced (deseeded if you like it milder)
4 eggs
100ml/3½fl oz milk
1 tsp olive oil
100g/4oz cheddar, grated
2 large wraps
soured cream and guacamole to serve, (optional)

1 In a small bowl, mix the tomatoes, half the spring onions and half the red chilli with some seasoning and set aside. Beat the eggs and milk with a fork with some seasoning.
2 Heat the oil in a large non-stick pan and fry the remaining spring onion and chilli for 1 min, then pour in the egg mix. Gently scramble the eggs by dragging the egg mixture as it sets into the middle of the pan. Cook to your liking, then take off the heat and throw on the cheese. Stir through, then divide between the wraps. Tuck up the top and bottom of each wrap and roll up, then slice in half and serve with the homemade tomato salsa, soured cream and guacamole, if you like.

PER SERVING 611 kcals, protein 35g, carbs 33g, fat 38g, sat fat 16g, fibre 2g, sugar 6g, salt 1.96g

Spaghetti with sardines

SERVES 4 • PREP 5 mins • COOK 15 mins

Easy **Superhealthy** Counts as 1 of 5-a-day, good source of omega-3s, heart healthy

400g/14oz spaghetti
1 tbsp olive oil
2 garlic cloves, crushed
pinch chilli flakes
227g can chopped tomatoes
2 x 95g cans skinless and boneless sardines in tomato sauce
100g/4oz pitted black olives, roughly chopped
1 tbsp capers, drained
small handful parsley, chopped

1 Cook the spaghetti in a large pan of boiling salted water according to pack instructions. Meanwhile, make the sauce. Heat the oil in a medium pan and cook the garlic for 1 min. Add the chilli flakes, tomatoes and sardines, breaking up roughly with a wooden spoon. Heat for 2-3 mins, then stir in the olives, capers and most of the parsley. Mix well to combine.

2 Drain the pasta, reserving a couple of tbsp of the water. Add the pasta to the sauce and mix well, adding the reserved water if the sauce is a little thick. Divide between 4 bowls and sprinkle with the remaining parsley.

PER SERVING 495 kcals, protein 21g, carbs 77g, fat 14g, sat fat 2g, fibre 5g, sugar 5g, salt 1.07g

TIP Using skinless and boneless sardines in this dish make a great sustainable alternative to anchovies – they're also cheaper and a great source of omega-3.

MONEY WISE Storecupboard supper £1.05 per serving

Pears with speedy choc sauce

SERVES 4 • PREP 5 mins • COOK 5 mins Easy

2 x 410g cans pear halves in syrup
100g/4oz chocolate, chopped into small chunks
8 scoops vanilla ice cream
2 tbsp chopped hazelnuts

1 Drain the pears over a small pan. Divide between 4 dessert glasses or bowls. Boil the syrup on a high heat until reduced and thick. Take off the heat and stir in the chocolate until melted.

2 Add 2 scoops of ice cream onto each portion of pears and pour over the hot choc sauce. Top with the chopped nuts.

PER SERVING 354 kcals, protein 4g, carbs 53g, fat 15g, sat fat 8g, fibre 3g, sugar 51g, salt 0.19g

TIP For a more grown-up version of this delicious dessert, just add **1 tbsp Disaronno** to the syrup while it is still boiling on the heat.

For more simple family suppers, visit bbcgoodfood.com

MONEY WISE Family pud, easily dressed up for grown-ups 60p per serving

5 great-value lunches

MONEY WISE

All these lunches taste far better than shop-bought sandwiches – and yet they all cost less than £1 per portion Photograph DAVID MUNNS

Pesto pasta with feta & olives

SERVES 4 • PREP 5 mins • COOK 15 mins
Easy V 69p per serving

Cook **300g fusilli** following pack instructions, then drain and cool under cold running water.

Toss through **½ x 190g jar green pesto, 200g sliced pitted black olives, 100g halved cherry tomatoes** and **200g crumbled feta** with some black pepper.

PER SERVING 546 kcals, protein 22g, carbs 59g, fat 26g, sat fat 9g, fibre 5g, sugar 3g, salt 2.41g

Pizza frittata

SERVES 4 • PREP 5 mins • COOK 20 mins
Easy 82p per serving

Heat **1 tbsp vegetable oil** in a small non-stick frying pan on a medium heat. Fry **1 chopped onion** and **4 chopped rashers streaky bacon** for 5-10 mins.

In a bowl or jug, whisk together **6 eggs, 100ml milk, a pinch dried oregano** and some seasoning. Tip the egg mix into the pan, stir quickly, lower the heat and cook for about 8 mins. Then scatter over **75g grated cheddar, 2 sliced tomatoes** and another **pinch dried oregano**.

Transfer to a hot grill for 2-5 mins until firm and golden. Allow to cool, then slice.

PER SERVING 324 kcals, protein 21g, carbs 5g, fat 25g, sat fat 9g, fibre 1g, sugar 4g, salt 1.34g

Salmon & soft cheese baguette

SERVES 4-5 • PREP 10 mins • NO COOK
Easy 99p per serving

Drain **410g can pink salmon** and discard any bones. Beat with **150g light soft cheese with herbs**, then mix in **¼ diced cucumber** and some seasoning.

Slice open **1 large baguette**, but not all the way through, so it holds together. Fill with **½ a shredded iceberg lettuce**, and the salmon filling. Sandwich together then cut into 4 or 5 smaller baguettes, depending on appetites.

PER SERVING 364 kcals, protein 28g, carbs 38g, fat 13g, sat fat 5g, fibre 2g, sugar 4g, salt 2.25g

Harissa chicken couscous

SERVES 6 • PREP 10 mins • COOK 35 mins
Easy Good for you, Low fat 78p per serving

Heat oven to 200C/180C fan/gas 6. Mix **1 tbsp harissa paste** with a **squeeze lemon juice** and **1 tbsp olive oil**. Rub this on **4 chicken thighs** and cook for 30-35 mins, or until cooked through.

Meanwhile, cover **250g couscous** with **250ml hot chicken stock**. Cover for 10 mins, then fluff up with a fork. Slice the chicken and toss through the couscous with any juices from the tray and a **handful chopped coriander**, an extra **squeeze lemon juice**, the juices from the chicken and **1 x 400g can drained chickpeas**.

Alternatively, use **200g shredded leftover roast chicken** and mix with the harissa paste and lemon.

PER SERVING 228 kcals, protein 19g, carbs 28g, fat 5g, sat fat 1g, fibre 2g, sugar 1g, salt 0.5g

Spiced red lentil soup

SERVES 4-6 • PREP 5 mins • COOK 30 mins
Easy V 26p per serving

Fry **1 chopped onion** in **1 tbsp olive oil** until soft. Stir in **1-2 tbsp red Thai curry paste**, depending how hot you want it. Add **300g red lentils** and mix to coat in the paste. Pour over **1.7 litres vegetable stock** and simmer for 20 mins until the lentils are tender.

Blend with **200ml coconut milk** and reheat if needed. Serve scattered with **chopped spring onions**, if you like.

PER SERVING 390 kcals, protein 20g, carbs 51g, fat 13g, sat fat 8g, fibre 6g, sugar 9g, salt 1.44g

Spiced red lentil soup

Food styling LIZZIE HARRIS | Styling LISA HARRISON

10 MON£Y WISE TIPS

Get more from your storecupboard

Is your cupboard a jumble of boxes, cans, packets and jars? The *Good Food* team share practical advice to make it work harder for you

1 Organisation is the key, especially if you're short of space; stack newer jars and cans behind the older ones so they get used first. If it's hard to see exactly what you have, keep a list on the wall and cross off things as you use them. This will also stop you buying items you already have.

2 Big bags of ground spices can be a false economy as they go stale very quickly. Instead, buy whole spices – which last longer – and grind them as needed. Store spices (as well as nuts and seeds) in airtight jars to stop them going stale. Have a clearout every few months and throw away any that have gone off.

3 Cans of tomatoes are often on offer; they last for ages so it's good to stock up when you can get a deal. Use them in a range of dishes, such as a 5-minute pasta sauce, a pizza topping, or curries and casseroles.

4 Instead of splashing out on pouches of ready-cooked lentils or pulses, buy a bag of dried and soak them overnight – they're much better value. Don't keep dried beans forever, though – they'll rehydrate much better if fresher.

5 Keep just a few of your favourite pasta shapes in the cupboard. Sticking to the same shapes and brand means cooking time will be the same and you can combine any opened bags.

6 Bags or boxes of rolled oats are much more economical than small pouches for your morning porridge, plus they can be used in loads of bakes, including cookies and crumbles.

7 Store opened packets in sealable plastic containers. This will extend their shelf life, keep your cupboard tidy and prevent any spillages.

8 Jars of anchovies are a great way of adding small amounts of protein and flavour to pasta sauces without breaking the bank. Capers and gherkins are also brilliant for adding interest to recipes – it's worth having a jar of each.

9 Keep some bags of ready-to-mix pizza base in your cupboard and you'll never need to dial the takeaway. Fast and easy to make, they're an excellent standby.

10 Stock up on soy sauce, Tabasco and other flavouring sauces. They help to season your food as well as add flavour and you need only a little of them so they're great value.

CLOVES GINGER CARDAMOM BAY LEAVES

Photograph PHOTOLIBRARY

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LAND - ROVER

Official Fuel consumption figures for Discovery 4 3.0 SDV6 mpg (l/100km) urban 25.2 (11.2) extra urban 34.0 (8.3) combined 30.4 (9.3). CO_2 emissions: 244. Drive responsibly on and off-road.

Simple sides

Good-value veggie dishes to liven up your midweek meals

Recipes ROSIE REYNOLDS Photographs DAVID MUNNS

Hot beetroot salad

SERVES 4 • PREP 10 mins • COOK 5 mins Easy V Superhealthy
Good source of vit C, counts as 1 of 5-a-day, Low fat

3 raw beetroot, peeled and cut into matchsticks
juice 1 lemon
1 tbsp honey
1 tbsp grainy mustard

In a large non-stick frying pan-fry the beetroot for 2 mins. Add the lemon juice and cook for 1 min more. Drizzle in the honey and mustard and stir to coat the beetroot. Serve immediately.

Great with... Grilled pork with lemon & thyme barley, p47

PER SERVING 44 kcals, protein 2g, carbs 9g, fat 1g, sat fat none, fibre 2g, sugar 8g, salt 0.28g

Root vegetable mash

SERVES 4 • PREP 10 mins • COOK 25 mins Easy V **Superhealthy** Good source of vit C, counts as 2 of 5-a-day, Low fat

2 large baking potatoes, cut into chunks
½ swede, cut into chunks
3 carrots, diced
25g/1oz unsalted butter

Place the potatoes, swede and carrots in a large pan of salted water. Bring to the boil and cook for 20-25 mins until tender. Drain and mash with a potato masher. Add the butter and a generous amount of seasoning.

Good with... Chicken with sweet wine & garlic, p15

PER SERVING 171 kcals, protein 3g, carbs 28g, fat 6g, sat fat 3g, fibre 5g, sugar 11g, salt 0.10g

Cabbage with caraway

SERVES 4 • PREP 10 mins • COOK 10 mins Easy V Superhealthy
High in fibre, good source of folic acid and vit C, counts as 2 of 5-a-day, Low fat

1 Savoy cabbage, cored and shredded
1 tbsp olive oil
1 onion, thinly sliced
2-3 tsp caraway seeds

Cook the cabbage in boiling water for 3 mins until tender, then drain. Heat the oil in a frying pan. Add the onion and cook for 2-3 mins until starting to soften and turn golden. Sprinkle over the caraway seeds and cook for a further 2 mins until fragrant. Stir in the cabbage and heat through.

Serve with... John Torode's Minced beef Wellington, p118

PER SERVING 98 kcals, protein 5g, carbs 11g, fat 4g, sat fat 1g, fibre 7g, sugar 9g, salt 0.03g

Food styling LIZZIE HARRIS | Styling LISA HARRISON

2 OF YOUR 5-A-DAY

Goodness. A healthy soup that's tasty.

It's traditional Italian minestrone all right. We took tomatoes, peppers and wholemeal pasta, simmered them with onions, oregano and basil (and just a hint of honey). So like our other healthy recipes, it's maxi on taste, protein and fibre, but mini on the other stuff; less than 3% fat and alla larga! (no way!) to artificial colours, flavours or preservatives.

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HEALTHY MINESTRONE WITH WHOLEMEAL PASTA

Junior cook

We do a lot of cooking at school and make all sorts of things, but at home I like to bake these as they're so easy I can do them on my own. My mum says they're very rich but I can eat several in one go!
ALEX, 10, LONDON

Alex's mega brownies

MAKES 16-20 • PREP 10 mins • COOK 35 mins
Easy • Un-iced only

100g/4oz unsalted butter, softened
175g/6oz caster sugar
2 large eggs, beaten
75g/2½oz plain flour
50g/2oz cocoa powder
1 tsp baking powder
3 tbsp milk
4 tbsp mixed white and milk chocolate chips
100g/4oz milk chocolate
75g/2½oz full-fat soft cheese

1 Heat oven to 180C/160C fan/gas 4 and line a 20cm square brownie tin with baking parchment. Beat the butter and sugar together with an electric whisk, then add the eggs one by one. Sift in the flour, cocoa powder and baking powder, and add the milk. Mix everything together, then stir in the chocolate chips. Spoon into the tin and level the top.
2 Bake for 30 mins, or until the top is set, then cool completely. To make the topping, melt the milk chocolate, cool a little, then mix it with the soft cheese. Spread over the cooled brownies and cut into small squares – these are very rich.
PER SERVING 164 kcals, protein 2g, carbs 19g, fat 9g, sat fat 5g, fibre none, sugar 14g, salt 0.16g

SEND US YOUR RECIPES

Email them to *goodfood@bbc.com*, along with a photo of yourself. Tell us your full name and phone number (we'll only publish your first name and photo), plus why you like to cook the recipe.

• For more recipes for children, visit *bbcgoodfood.com* or *bbc.co.uk/cbeebies/icancook*

Photograph PETER CASSIDY | Food styling EMMA JANE FROST | Styling LISA HARRISON

MON£Y WISE
For under £5

Family one-pots

These supper recipes will save you time and money – they use just one pan, tray or pot, and all cost less than a fiver

Recipes JEMMA MORPHET Photographs DAVID MUNNS

Warm-you-up supper

Thai coconut & veg broth
59p per serving

Greek lamb tray bake
£1.21 per serving

Oven-baked leek & bacon risotto
70p per serving

Bean & pasta stew with meatballs
88p per serving

Food styling LIZZIE HARRIS | Styling LISA HARRISON

Clever, new way with lamb mince

Greek lamb tray bake

SERVES 4 • PREP 15 mins • COOK 40 mins Easy

50g/2oz fresh white breadcrumbs
250g/9oz lamb mince
1 egg, beaten
2 onions, halved
large handful mint, chopped
2 large potatoes, cut into wedges
2 courgettes, cut into batons
12 cherry tomatoes
2 tbsp olive oil
50g/2oz feta, crumbled

1 Heat oven to 200C/180C fan/ gas 6. Pop the breadcrumbs, lamb mince, egg and plenty of seasoning in a bowl. Grate in half an onion and sprinkle in half the chopped mint. Give everything a good mix and shape into 8 patties. Place on a large, shallow roasting tray.
2 Cut the remaining onion halves into wedges. Place them on the tray around the lamb patties with the potatoes, courgettes and cherry tomatoes. Drizzle with olive oil and season. Bake for around 40 mins, turning everything once, until the lamb is cooked though and the vegetables are tender. Remove from the oven and sprinkle with feta and remaining mint.

PER SERVING 388 kcals, protein 22g, carbs 35g, fat 19g, sat fat 7g, fibre 3g, sugar 7g, salt 0.77g

TIP Want to make a lower fat option? Turkey mince will also work well in this recipe.

Any leftover roast chicken? Shred in and heat

Thai coconut & veg broth

SERVES 4 • PREP 15 mins • COOK 10 mins Easy V if using veggie curry paste

1½ tbsp Thai red curry paste
1 tsp vegetable oil
1 litre/1¾ pints vegetable stock
400ml can half-fat coconut milk
2 tsp brown sugar
175g/6oz medium egg noodles
2 carrots, cut into matchsticks
½ head Chinese leaf, sliced
½ x 300g bag beansprouts
6 cherry tomatoes, halved
juice 1 lime
3 spring onions, halved, then finely sliced lengthways
handful of coriander, roughly chopped

1 Place the curry paste in a large saucepan or wok with the oil. Fry for 1 min until fragrant. Tip in the vegetable stock, coconut milk and brown sugar. Simmer for 3 mins.
2 Add the noodles, carrots and Chinese leaf and simmer for 4-6 mins, until all are tender. Mix in beansprouts and tomatoes. Add lime juice to taste and some extra seasoning, if you like. Spoon into bowls and sprinkle with spring onions and coriander.

PER SERVING 338 kcals, protein 10g, carbs 46g, fat 14g, sat fat 7g, fibre 5g, sugar 12g, salt 1.19g

TIP Many curry pastes contain dried shrimp and fish sauce. Read the labels carefully if you want to make this a vegetarian dish.

Comforting, quick stew for the whole family

Bean & pasta stew with meatballs

SERVES 4 • PREP 15 mins • COOK 40 mins Easy

6-8 pack pork sausages
1 tbsp olive oil
2 onions, finely chopped
3 celery sticks, diced
2 carrots, diced
3 garlic cloves, finely chopped
400g can chopped tomatoes
1 litre/1¾ pints chicken stock
175g/6oz macaroni
410g can cannellini beans, rinsed and drained
handful flat-leaf parsley, chopped

1 Snip the ends off the sausages and squeeze out the meat. Roll into rough walnut-sized meatballs. Heat half the oil in a large, wide pan and fry until browned, around 10 mins. Remove from pan and set aside.
2 Add the rest of the oil to the pan. Tip in the onions, celery and carrots and fry for 10 mins until soft. Add garlic and cook for 1 min more. Tip in the tomatoes and stock. Bring to the boil and simmer for 10 mins.
3 Stir in the macaroni and return the meatballs. Simmer for about 10 mins until pasta is cooked and meatballs are cooked though. Stir in beans and heat until piping hot. Season, mix in parsley and serve.

PER SERVING 688 kcals, protein 34g, carbs 67g, fat 33g, sat fat 10g, fibre 10g, sugar 15g, salt 3.6g

TIP For an extra pop of flavour, serve with grated Parmesan on top.

A satisfying and creamy dinner

Oven-baked leek & bacon risotto

SERVES 4 • PREP 10 mins • COOK 30 mins Easy

1 tbsp olive oil
6 rashers smoked back bacon, roughly chopped
2 leeks, halved lengthways and finely sliced
250g/9oz risotto rice
700ml/1¼pts hot chicken or vegetable stock
175g/6oz frozen peas
3 tbsp soft cheese
zest 1 lemon

1 Heat oven to 200C/180C fan/ gas 6. Tip the oil into an ovenproof casserole dish. Add bacon and fry for 2 mins. Add the leeks and cook until soft, but not coloured, for about 4-5 mins. Tip in rice and cook for 1 min more. Pour over stock. Cover and place in the oven for 20 mins, stirring halfway.
2 When rice is just tender and all liquid is absorbed, remove from oven and stir in peas. Place back in oven for 2 mins more. Remove and stir in cheese. Add zest and season.

PER SERVING 424 kcals, protein 22g, carbs 55g, fat 14g, sat fat 5g, fibre 5g, sugar 3g, salt 2.34g

Practical advice & recipes

Healthy

Each month Kerry Torrens, our nutritionist, suggests easy ways to add a healthy twist to all your cooking

Kerry Torrens is a registered nutritional therapist who runs her own practice and has a special interest in family nutrition

Give stir-fries a superboost

I love a stir-fry, but I like to make mine even healthier by following a traditional Chinese method. I put a little water in the wok, heat it, then add the oil and other ingredients.

The water keeps the temperature to no more than 100C, protecting the oil from the damage that high temperatures can cause. After stirring well, I cover it and quickly cook the food. You'll use less oil and the ingredients will retain more of the water-soluble nutrients, such as immune-boosting vitamin C.

Sunshine on a plate

With little sun at this time of year, our bodies are unable to make our own vitamin D. We need it for strong bones and overall immunity, so top up your levels by eating eggs and oily fish.

Also, look out for a new range of staples from M&S called Simply More. It includes dairy products fortified with vitamin D3 – a single portion will supply 30% of your recommended daily amount.

Cherry baby

Used in their native America as a pie filling, tart Montmorency cherries have useful health benefits. Containing higher levels of protective antioxidants than other fruits, these cherries support a healthy immune system, help alleviate aches and pains, and keep the heart healthy. An easy way to get a daily dose is with a glass of CherryGood. For kids, replace sugary squash with the cordial CherryActive. Both are free from preservatives and added sugar, and count as 1 of your 5-a-day. Available from most supermarkets.

DE-CODE THE LABEL

Are 'low-fat' or 'reduced-calorie' products really a healthier option?

LABEL	WHAT IT MEANS	WHAT TO WATCH
Lite/light	The product must be at least 30% lower in a specific nutrient (eg. fat) than the standard product.	Beware! 'Lite' (and low-fat) versions are often higher in salt or sugar.
Low fat	Must be no more than 3g of fat per 100g (to compare: a product that contains 20g of fat and 5g of saturated fat per 100g is a full or high-fat food).	Spreads have separate rules: a low-fat spread must have 40g or less fat per 100g.
Reduced calorie/fat	Must contain 25% less than the standard product.	These may provide less in calories or fat, but can still be a high calorie/fat food.

My tip Healthy eating means looking at your overall intake of all nutrients – don't get hung up on avoiding one type of food. Fill your shopping trolley with a variety of foods including fruit, veg, grains, lean meat and fish, and you can't go wrong.

Simple swap

White rice ✗ Vs Brown rice ✓

Inspired by the 50th anniversary of the British Heart Foundation, I've been boosting my heart health by swapping white rice for brown to benefit from the protective layer on the wholegrain, which helps to prevent furring of the arteries. Soak the rice in cold water before cooking and you'll activate a compound that protects nerves and the nervous system, then cook as normal.

Turn the page for all this month's healthy recipes

Eat well all week

5 FEELGOOD RECIPES

Stay on track midweek with these hearty, healthy dishes

Recipes SILVANA FRANCO
Photographs GARETH MORGANS

Egg drop chicken noodle soup

SERVES 4 • PREP 5 mins • COOK 10 mins
Easy • Good for you, Low fat

2 skinless, boneless chicken breasts, diced
1.2 litres/2 pints low-salt chicken stock
140g/5oz wholewheat noodles
140g/5oz baby corn, halved lengthways, or frozen sweetcorn
2 eggs, beaten
squeeze lemon juice
½ tsp Sherry vinegar
2 spring onions, finely chopped

1 Place the chicken and stock in a large pan and bring to a simmer for 5 mins. Meanwhile, cook the noodles following pack instructions.
2 Add the corn to the stock and cook for 2 mins. Stir the broth vigorously, then while it's still swirling, hold a fork over the pan. Pour the eggs over the prongs in a slow stream. Stir again in the same direction then turn off the heat. Add a squeeze of lemon juice and the vinegar.
3 Drain the noodles and divide between four bowls. Ladle over the egg drop broth, scatter with onions and serve.
PER SERVING 273 kcals, protein 26g, carbs 30g, fat 6g, sat fat 1g, fibre 3g, sugar 2g, salt 1.04g

TIP A great dish for using up leftover roast chicken – just tear the meat into small pieces and add to the stock with the corn.

MAKE IT VEGGIE
Chinese mushroom soup
Replace the chicken with **250g halved button mushrooms**, and stir in a **handful of beansprouts** with the corn.

Chinese classic made healthy

TASTE TEAM COMMENT
'I like noodle soups and this was warming, healthy and so easy. I wasn't sure about dropping the egg in but it all worked.' SARAH

Food styling SILVANA FRANCO | Styling LISA HARRISON

Grilled pork with lemon & thyme barley

SERVES 4 • PREP 10 mins • COOK 40 mins

Easy · Good for you, Low fat

4 pork medallions
2 tbsp red wine vinegar
2 garlic cloves, crushed
1 tbsp sunflower oil
1 small onion, finely chopped
1 tsp coriander seeds
200g/8oz pearl barley
600ml/1pt hot chicken stock
4 lemon thyme sprigs, leaves only
100g bag baby spinach
juice and zest 1 lemon

1 Place the pork in a shallow dish and add the vinegar and garlic, turning to make sure they're evenly covered. Leave at room temperature for 10 mins. Meanwhile, heat the oil in a pan and cook the onion and coriander seeds for 3-4 mins until softened.

2 Add the barley and cook for 1 min in the oil, then add the stock and thyme. Bring to the boil, cover then simmer for 30-35 mins until the barley is tender and the liquid absorbed.

3 Transfer the pork to a grill pan and cook under a hot grill for 5 mins on each side until nicely browned and cooked through. Stir the spinach, zest and juice into the barley and spoon onto plates. Serve with the grilled pork.

PER SERVING 425 kcals, protein 37g, carbs 44g, fat 12g, sat fat 3g, fibre 1g, sugar 2g, salt 0.65g

TIP Barley is a really good alternative to rice and couscous – it has a satisfying bite and is a good source of fibre. Try a spiced-up version of this recipe by adding ground turmeric and cayenne in with the barley.

New way with wholegrains

Guaranteed family favourite

Jacket potatoes with home-baked beans

SERVES 4 • PREP 10 mins • COOK 1½ hrs Easy

Superhealthy High in fibre, good source of vit C, counts as 1 of 5-a-day, Low fat

4 baking potatoes
1 tbsp sunflower oil
1 carrot, diced
1 celery stalk, diced
400g can haricot beans, drained
2 tomatoes, chopped
1 tsp paprika – choose sweet or hot depending on taste
1 tsp Worcestershire sauce
2 tbsp chopped chives, to serve

1 Heat oven to 200C/180C fan/gas 6. Scrub the potatoes and dry well, then prick in several places with a fork. Bake directly on the oven shelf for 1-1½ hrs, until they feel soft when squeezed.
2 After 30 mins, heat the oil in a pan and gently cook the carrot and celery for 10 mins until softened. Add the beans, tomatoes and paprika and cook gently for a further 5 mins until the tomatoes are softened and pulpy. Stir in 100ml water and the Worcestershire sauce, cook for a further 5 mins then cover and keep warm.
3 Split open the potatoes and spoon in the beans. Scatter with chives and serve.

PER SERVING 237 kcals, protein 8g, carbs 45g, fat 4g, sat fat none, fibre 8g, sugar 5g, salt 0.19g

TIP The beans are great for making ahead and reheating in the microwave – spoon onto granary toast for a super-quick supper. Kids will love these Cowboy beans – as they're known in the US – with a handful of cheddar stirred through.

TASTE TEAM COMMENT
'A nice, warming supper – comfort food! I added a little grated cheese to serve. And next time I'll give it a Mexican twist with chilli and soured cream.' SARAH

Just serve with rice

Steamed fish & pak choi parcels

SERVES 4 • PREP 10 mins • COOK 15 mins
Easy Good for you, Low fat

4 plaice, haddock or other MSC-certified white fish fillets
2 pak choi, thickly sliced
4 spring onions, shredded
1 red chilli, thinly sliced
3cm ginger, cut into matchsticks
2 tbsp reduced-salt soy sauce
juice 1 lime
1 tsp sesame oil

1 Heat oven to 200C/180C fan/gas 6. Place each fillet in the centre of a large square of foil. Top with the pak choi, spring onions, chilli and ginger, then pull up the edges of the foil.
2 Mix together the soy sauce, lime juice and 1 tbsp of water then spoon a little over each fillet. Crimp the top of the foil to enclose the fish and make sure there are no gaps for the steam to escape.
3 Place the parcels on a baking sheet and bake for 10-15 mins until the fish is cooked through (this will depend on the thickness of your fish). Open up the parcels and drizzle over a few drops of sesame oil. Serve with rice.

PER SERVING 124 kcals, protein 22g, carbs 2g, fat 3g, sat fat none, fibre 1g, sugar 2g, salt 1.31g

TASTE TEAM COMMENT
'We don't eat fish often but the ginger and chilli in this dish really appealed. The fish was nicely flavoured and the chilli added kick.' JENNA

Warm chicken liver salad

SERVES 4 • PREP 10 mins • COOK 15 mins Easy Superhealthy
Good source of iron, folic acid and vit C, counts as 1 of 5-a-day, Low fat

140g/5oz fine green beans
200g/7oz chicken livers, trimmed
½ tbsp olive oil
½ tsp chopped fresh or dried rosemary
1 whole chicory or Baby Gem lettuce, separated into leaves
100g/4oz watercress
3 tbsp balsamic vinegar
crusty granary bread, to serve

1 Cook the green beans in a pan of boiling water for 3 mins, drain and keep warm. Meanwhile, toss together the chicken livers, olive oil and rosemary. Heat a large non-stick pan and cook the chicken livers over a high heat for 5-6 mins until nicely browned and cooked through – they should still be a little pink in the centre.
2 Arrange the beans on serving plates with the lettuce leaves and watercress. Add the vinegar to the pan, cook for a couple of seconds then spoon over the salad. Serve warm with crusty granary bread.
PER SERVING 83 kcals, protein 10g, carbs 4g, fat 3g, sat fat 1g, fibre 1g, sugar 3g, salt 0.13g

USE UP LEFTOVER LIVERS
Simple liver pâté
Weigh any remaining chicken livers, then fry as above with olive oil and rosemary. Transfer to a plate to cool quickly, then whizz with an **equal weight of Greek-style yogurt** and stir through **a few chopped capers.** Chill to make a delicious pâté.

Substantial, meaty salad

The Ultimate MAKEOVER

Shepherd's pie

Angela Nilsen turns a hearty favourite into a satisfying, superhealthy choice

Photographs GARETH MORGANS

It can be a little daunting to take a recipe that most people consider to be British comfort food at its best and make it healthier.

As it is Shepherd's pie rather than Cottage, I needed to use lamb mince, which is slightly higher in fat than beef and pork. So nutritionist Fiona Hunter advised using the leanest I could find and adding plenty of veg to both the meat sauce and the topping.

But her next suggestion transformed this recipe. 'I would substitute some of the meat for a can of lentils,' she said. 'They'll increase the fibre, are cheaper than mince and will keep the portion of meat per person more modest.' They blended in perfectly with the mince, not only in looks, but also in taste.

With these and other changes, I soon reduced the calories per serving and cut the fat by more than two-thirds – and all agreed it was still as rich, satisfying and warming.

How I made it healthier

- Used rapeseed oil for frying.
- Reduced the fat by using lean mince.
- Increased the fibre and cut down the fat by substituting half the amount of meat for a can of green lentils.
- Boosted the vegetable content by adding carrots and canned tomatoes.
- Combined regular potatoes with sweet potatoes in the topping as they are packed with beta-carotene.
- Used semi-skimmed milk and half-fat crème fraîche in the mash to reduce the fat and saturated fat.

This is the result...

	Classic pie	Healthier pie
kcals	666	429
fat	38g	12g
sat fat	20g	4g
salt	1.00g	0.91g

The verdict

The taster I was really out to impress loves meat and two veg. When he tucked in and asked for more, not realising lentils were involved, I knew I was onto a winner.

A

B

C

D

The Ultimate Shepherd's pie

SERVES 4 • PREP 25 mins • COOK 1 hr 25 mins Easy ❄ Before baking

Superhealthy High in fibre, good source of iron and vit C, counts as 3 of 5-a-day, Low fat

FOR THE FILLING

- **1 tbsp rapeseed oil**
- **1 onion, chopped**
- **3-4 thyme sprigs**
- **2 carrots, diced (total weight 300g/11oz)**
- **250g/9oz lean lamb mince, (we used 10% fat)**
- **1 tbsp plain flour**
- **1 tsp vegetable bouillon, made up to 350ml/12fl oz stock with boiling water**
- **227g can chopped tomatoes**
- **1 tbsp tomato purée**
- **400g can green lentils with no added salt, drained**
- **1 tsp Worcestershire sauce**

FOR THE TOPPING

- **650g/1lb 7oz potatoes, King Edward or Maris Piper, roughly chopped**
- **250g/9oz sweet potatoes, roughly chopped**
- **2 tbsp half-fat crème fraîche**
- **1 tbsp semi-skimmed milk**

1 Heat the oil in a large, deep sauté pan or saucepan. Tip in the onion and thyme sprigs and fry for 2-3 mins. Then add the carrots and fry together for 5-8 mins, stirring occasionally until the vegetables start to brown. Stir in the mince to break it down. Fry for 1-2 mins until no longer pink. Stir in the flour, scraping the bottom of the pan in case the meat sticks, then cook for another 1-2 mins. Pour in the stock (A) and stir until thickened. Stir in the tomatoes, tomato purée, lentils and Worcestershire sauce and season with pepper (B). Reduce the heat and simmer, covered, for 45 mins, stirring occasionally.

2 Meanwhile, prepare the topping. Drop all the potatoes into a large pan of boiling water. Bring back to the boil, then simmer for 12-15 mins or until the potatoes are tender. Drain well in a colander then tip back into the pan. Mash with a masher or, briefly, with an electric hand mixer until smooth (C). Beat in the crème fraîche and milk with a wooden spoon until light and fluffy. Heat oven to 200C/180C fan/gas 6.

3 Spoon the meat into a 1.5 litre pie dish and remove the thyme sprigs. Top with the mash and smooth over with a knife. Use a fork to create a ridged pattern on top (D). Place the dish on a baking sheet and bake for about 20-25 mins until piping hot and the filling starts to bubble around the edges. If the top is not brown enough, pop it under the grill for 5 mins or so until the mash is crisp and golden. Let it sit for 5 mins then serve.

PER SERVING 429 kcals, protein 22g, carbs 63g, fat 12g, sat fat 4g, fibre 11g, sugar 15g, salt 0.91g

WHAT IF I USED...

- **250g regular lamb mince?** The fat would increase to 14g (5g sat fat) per portion.
- **500g lean lamb mince and no lentils?** The fat would increase to 18g (7g sat fat) per portion.
- **250g lean beef mince?** The fat would slightly reduce to 11g (4g sat fat) per portion, but it would turn into a Cottage pie.

OTHER WAYS TO USE...

- **The meat sauce** Instead of using Worcestershire sauce, try extra tomato purée and use it in lasagne or as a meat sauce spooned over spaghetti.
- **The topping** Use it any time you want a different taste and colour for your mash. Its subtle, sweet taste makes it a good accompaniment for roast beef, chicken, lamb or sausages.

Food styling ANGELA NILSEN | Styling RACHEL JUKES

Low-fat, but you'd never guess

GOOD FOR YOU

Cauliflower

Nestled inside its protective green leaves lies a nutritionally-rich veg that deserves to be more widely used says **Natalie Savona**, our health expert

Why is it a good choice?

As a member of the cruciferous vegetable family, cauliflower is a close relative of kale, broccoli, cabbage and Brussels sprouts.

It may not share their deep colour, but, like its greener relatives, it contains valuable sulphur-based substances, which help the liver do its job of removing toxins from your body and protect against certain cancers. It's also especially rich in vitamin C, containing as much, weight for weight, as oranges.

Cauliflower contributes to your essential fibre needs and to your intake of minerals such as potassium, calcium and magnesium, as well as vitamin K and folic acid.

How often should I eat it?

As often as you want. If school-dinner memories of soggy boiled cauliflower have put you off, or you can only contemplate it laden with cheese, think again. Cauliflower comes into its own lightly sautéed with toasted cumin seeds, gently steamed and topped with cold-pressed sunflower oil, in stir-fries or curries, or raw in salads. Cooked and mashed with olive oil and black pepper, it makes a comforting alternative to mashed potato. You can even use the stems and leaves in soup stock – adding 'good value' to cauliflower's list of underestimated attributes.

5 REASONS TO EAT MORE CAULIFLOWER

- **As rich in vitamin C as oranges**
- **High in fibre**
- **High in liver-friendly glucosinolates**
- **Can be eaten raw or cooked**
- **Great value**

HOW TO EAT MORE

Spiced cauliflower

Break **1 cauliflower** into florets, toss with **2 tbsp olive oil**, **1 sliced onion**, **2 tsp cumin seeds** and **1 tbsp curry powder** in a roasting tin. Roast for 30 mins at 200C/180C fan/gas 6.

Quick cauliflower cheese

Simmer **1 cauliflower**, broken into florets, until just tender. Drain and tip into a baking dish. Mix **200ml crème fraîche** with **50g grated Parmesan** and **2 tsp grainy mustard**. Dot over the cauliflower, scatter with a bit more grated Parmesan and bake for 20-25 mins at 180C/160C fan/gas 4 until golden and bubbling.

• For more recipes using cauliflower, visit **bbcgoodfood.com**

Full of crunchy goodness

Warm cauliflower salad

SERVES 4 • PREP 15 mins • COOK 35 mins

Easy V **Superhealthy** Good source of folic acid and vit C, counts as 2 of 5-a-day

1 cauliflower, broken into florets
2 tbsp olive oil
1 red onion, thinly sliced
3 tbsp Sherry vinegar
1½ tbsp honey
3 tbsp raisins
small bunch dill, snipped
3 tbsp toasted, flaked almonds
50g/2oz baby spinach

1 Heat oven to 200C/180C fan/gas 6. Toss the cauliflower with the olive oil, season and roast for 15 mins. Stir in the red onion and carry on roasting for 15-20 mins more until tender.

2 While the cauliflower is roasting, mix the vinegar, honey and raisins with some seasoning.

3 When the cauliflower is done, stir in the dressing, dill, almonds and spinach, and serve.

PER SERVING 206 kcals, protein 8g, carbs 19g, fat 11g, sat fat 1g, fibre 4g, sugar 18g, salt 0.11g

Photograph GARETH MORGANS | Food styling SILVANA FRANCO | Styling LISA HARRISON

Enjoy an egg-free quiche

Can't eat eggs? There's no need to miss out on this lunchtime favourite. **Sarah Sysum**, our Shopping coordinator, shares her tried-and-tested recipe

'My partner Dan is allergic to eggs,' says Sarah Sysum, 'but we both love quiche. So I decided to have a go at making an egg-free version. After much experimenting, I came up with this recipe, which has all the taste and texture of a classic quiche but minus the eggs. He loves it!'

COOKING WITHOUT EGGS

Some people, especially children, have an allergy to the protein in eggs, *writes Kerry Torrens, our nutritionist*. This may be to raw egg, or both the raw and cooked egg.

Eggs are used to bind, thicken or lighten a dish, as well as for glazing, and are found in many prepared foods. Check labels for egg white and yolk, as well as less-familiar names, such as albumen, globulin, livetin and ingredients prefixed with ovo-, such as ovomucin, ovovitellin.

WHAT TO CHOOSE INSTEAD

This will depend on the role the egg plays in the recipe. With quiche, the egg sets the filling as it cooks, holding everything together whether it is hot or cold. For this recipe we used an egg replacer to set the filling.

Egg replacers may be used where a recipe needs setting, binding or rising but not for adding volume to a mousse or for making meringues. Egg replacers are typically made from potato starch, tapioca flour, raising agents and natural gums, but you may still need to check the ingredients because some of these products are aimed at people on a low-cholesterol diet and may contain some egg.

For dense cake or muffin recipes (but not sponge cakes), where the egg is used to bind ingredients, you may be able to replace it with a fruit purée like apricot or apple, or natural yogurt.

WHICH EGG REPLACERS TO USE

- AllergyCare Whole egg – for baking
- Orgran No Egg – for baking, fillings, batters and custards
- Ener-G Egg – for most recipes, including quiches.

Photograph DAVID MUNNS | Food styling LIZZIE HARRIS | Styling LISA HARRISON

Egg-free cheese & bacon quiche

SERVES 8 • PREP 30 mins plus chilling • COOK 1 hr Easy

FOR THE PASTRY
225g/8oz plain flour
100g/4oz butter
25g/1oz Parmesan, grated
pinch of cayenne pepper
FOR THE FILLING
1 tbsp olive oil
1 large onion, finely sliced
200g/7oz chopped smoked streaky bacon
2 tbsp egg replacer (we use Ener-G for recipes like quiches that need particular help setting; as brands vary, follow pack instructions)
2 tsp plain flour
300ml/½pt double cream
4 tbsp milk
85g/3oz mature cheddar, grated

1 Either by hand or in a food processor, mix the flour, butter, cheese and pepper with enough cold water to combine, then knead lightly until smooth. Roll out the pastry and line a 23cm loose-bottomed tart tin. Cover with cling film and chill for 30 mins. *Any leftover pastry can be frozen for up to 1 month.*
2 Heat oven to 200C/180C fan/gas 6. Remove cling film, line with greaseproof paper, fill with baking beans and bake for 15 mins until the sides are crisp. Remove beans and paper, then return pastry to the oven and cook for another 5-10 mins until lightly golden. Cool.
3 To make the filling, heat oil in a pan. Cook the onion until soft and the bacon until browned. Scatter over the pastry base, discarding excess fat, followed by half the cheese. Whisk the egg-free substitute, flour, cream and milk together and pour into case. Scatter remaining cheese on top.
4 Lower the oven to 150C/130C fan/gas 2 and bake the quiche for 35-40 mins, or until the filling is set and the top brown. Stand for 10 mins before removing from the tin.

PER SERVING 508 kcals, protein 13g, carbs 26g, fat 40g, sat fat 22g, fibre 1g, sugar 3g, salt 1.23g

MAKE IT VEGGIE

Replace the bacon with sautéed sliced mushrooms and use vegetarian cheeses

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Visit **bbcgoodfoodshowsummer.com**

BBC GoodFood Show Summer

In season

- Fresh ways to enjoy cabbage
- Jamie Oliver's slow-roast pork belly
- Bake a cake for Comic Relief
- James Martin's favourite British cheeses

Gorgeously green

Cabbages and greens are nutritious, cheap and full of flavour. **Silvana Franco's** recipes will inspire you to make the most of them

Photographs JEAN CAZALS

In the depths of winter, cabbages and greens often save the day. These majestic beauties are easy to use and so varied that they're among our most versatile and economic home-grown vegetables. Cook slowly with cream, serve raw with grated apple and a zingy dressing, stir-fry with ginger and spices, or mash with potato. However you like them, greens make a delicious way to a vitamin-packed, 5-a-day.

Food styling SILVANA FRANCO | Styling TONY HUTCHINSON

Gujarati cabbage with coconut and potato

Pot-roast guinea fowl with cabbage & bacon

SERVES 2 with leftovers • PREP 10 mins • COOK 1½ hrs Easy

This classic French dish makes a lovely meal for two, with enough for lunch the next day.

large knob unsalted butter
1 guinea fowl, about 1.2kg/2lb 12oz
100g/4oz smoked lardons or chopped bacon
1 celery stalk, thickly sliced
1 carrot, thickly sliced
1 onion, thinly sliced
1 small Savoy cabbage, shredded into 3cm thick ribbons
10 juniper berries
1 glass dry white wine
300ml/½pint hot chicken stock

1 Heat the oven to 190C/170C fan/gas 5. Heat the butter in a large flameproof casserole and brown the guinea fowl all over. Remove and set aside.

2 Add the lardons to the pan, cook for 2-3 mins until beginning to turn golden. Add the celery, carrot and onion and cook for 5 mins. Then stir in the cabbage and cook for 5 mins more.

3 Add the juniper berries, wine and stock, then sit the guinea fowl on top. Bring to a simmer then cover tightly and roast in the oven for 1 hr 15 mins, until the bird is cooked through.

PER SERVING 1011 kcals, protein 111g, carbs 24g, fat 48g, sat fat 20g, fibre 12g, sugar 22g, salt 2.61g

Seasonal Sunday lunch for two

Gujarati cabbage with coconut & potato

SERVES 4 • PREP 10 mins • COOK 20 mins Easy V Superhealthy

Good source of vit C, counts as 1 of 5-a-day

This stir-fried side dish is tempered with spices and fiery chillies. Serve with rice and dhal for a vegetarian supper or stuff into chapatis or naan bread for a snack.

500g/1lb 2oz Charlotte or other new potatoes, unpeeled and halved
2 tbsp sunflower oil
1 pinch asafoetida (available from Bart or *steenbergs.co.uk*, see tip)
1 tsp black mustard seeds
1 tsp cumin seeds
2 dried red chillies
1 fresh red or green chilli, deseeded and thinly sliced
1 pointed (Sweetheart) cabbage, finely shredded
juice ½ lemon
2 tbsp desiccated or shaved fresh coconut, toasted
bunch of coriander, roughly chopped

1 Cook potatoes in a pan of salted boiling water for 10 mins until tender. Drain well and return to pan. Lightly crush with the back of a fork, just to break, not to mash.
2 Heat the oil in a large frying pan and then add the asafoetida, spices and dried chillies. Cook for a few mins until the spices pop and the chillies darken.
3 Add the fresh chilli, cabbage and some salt and stir-fry for 3-4 mins. Add the warm potatoes to the pan and cook for 2-3 mins more until the cabbage is tender, but still has some bite. Stir in the lemon juice, coconut and coriander, and serve.

PER SERVING 199 kcals, protein 4g, carbs 25g, fat 10g, sat fat 3g, fibre 4g, sugar 5g, salt 0.06g

TIP Asafoetida has a powerful fried-onion flavour so is always used sparingly. It's said to aid digestion, making it a natural partner to cabbage.

WHAT TO CHOOSE

Different varieties of cabbage are seasonal, but whatever you're buying look for bright, crisp leaves and a good green colour without any limpness, yellowing or holes. Round and pointed cabbages should feel heavy for their size. The key season for homegrown produce is late autumn through to spring.

- **Cavolo nero** is an Italian variety of cabbage now grown in the UK, traditionally used in the Tuscan bean soup ribbolito. Its long, crinkled leaves are really dark green – almost black – and it's similar in texture to Savoy cabbage, with a wonderful, slightly bitter flavour. It goes brilliantly with Parmesan, feta and blue cheese.
- **Chinese cabbage** has a very firm and juicy texture. It's often shredded and stir-fried, but can be braised slowly. It's used in the classic Korean pickled cabbage dish of Kimchee. Chinese cabbage goes well with ginger, vinegar, soy, chilli and sesame seeds.
- **Curly kale** has a strong flavour and thin, curly leaves. Varieties of kale are used widely in the southern US where they're known as collard greens and are slow-cooked with ham hocks to make a tasty stew. Kale is a good match for pine nuts, chestnuts, nutmeg, rosemary and anchovies.
- **Pointed cabbage**, also known as Sweetheart cabbage, has a sweet flavour and a tight, firm texture – great for salads. Shred finely and dress with lemon juice, olive oil and snipped chives. It goes well with onions, parsley, thyme, coriander and cumin.
- **Savoy cabbage** is the king of all cabbages. It has a mild flavour and firm, crinkly leaves. The large outer leaves are good for making parcels: cut out the tough central stalk first and blanch the leaves for the flexibility to wrap around fillings. Alternatively, remove the cabbage heart and stuff the centre before baking or steaming. Savoy cabbage is lovely with pork, potatoes, onions, soured cream, juniper berries and caraway seeds.
- **Spring greens** are perky-looking, loose heads of leaves without a central heart. They work well in soups and stews, but can also be stir-fried. Spring greens pair well with fennel, dill, mustard, garlic, celery and white beans.

Steamed clams in saffron & spring green broth

SERVES 4 as a starter • PREP 5 mins • COOK 10 mins Easy Superhealthy

Good source of iron, calcium and vit C

This makes a smart, quick starter. The clams are as salty as the sea so use low-salt stock and don't add salt during cooking. To upgrade to a dinner party dish, add a splash of dry Sherry to the stock and serve on a bed of spaghetti.

700ml/1¼pts hot, low-salt chicken stock
75g/3oz diced chorizo
1 clove garlic, thinly sliced
pinch of saffron strands
2 small heads of spring greens, finely shredded
1kg/2lb 4oz small live clams or cockles, washed well
2 tbsp fresh parsley, finely chopped
1 tbsp olive oil
lemon wedges, to serve

1 Place the stock, chorizo, garlic and saffron in a large pan and bring to the boil. Add the greens, cover and cook for 2 mins until completely wilted.
2 Add the clams, cover and cook over a high heat for 4-5 mins until every clam has opened. Stir in the chopped parsley.
3 Using a slotted spoon, divide the greens and clams between large, shallow bowls then ladle over the broth. Drizzle with oil and serve with the lemon to squeeze over.

PER SERVING 156 kcals, protein 13g, carbs 5g, fat 10g, sat fat 2g, fibre 3g, sugar 3g, salt 0.88g

Cabbage & pork empanadas

MAKES 12 • PREP 30 mins plus cooling time • COOK 50 mins Easy ❄ unbaked

These delicious pastries are best hot from the oven, but any leftovers make a great packed lunch the next day. Give them a Greek twist by using feta cheese.

350g/12oz plain flour
1 egg
50g/2oz butter
3 tbsp sunflower oil
juice 1 orange
milk, for brushing
FOR THE FILLING
1 tbsp olive oil
1 shallot, finely chopped
150g/5½oz lean minced pork
150g/5½oz curly kale, roughly chopped
2 tsp smoked paprika
50g/2oz raisins
50g/2oz toasted pine nuts
2 tbsp clear honey
100g/4oz flavoursome cheese, such as mature Gruyère, diced

1 For the filling, heat the oil in a large pan and cook the shallot for a few mins until beginning to soften. Add the pork and stir-fry for 3-4 mins then add the kale and paprika, cover tightly and simmer gently for 20 mins until the pork and cabbage are both tender. Stir in the raisins, pine nuts and honey, season and leave to cool.

2 Meanwhile, place the flour, egg, butter, sunflower oil and some salt in a food processor. Add the juice and whizz together to make a smooth, soft dough. Wrap in cling film and chill.

3 Heat the oven to 190C/170C fan/gas 5. Shape the dough into 12 balls then roll each one out to make a 12cm round. Stir the cheese into the cold filling then divide it between the rounds. Fold each in half to enclose the mixture then, using your fingertips, crimp or twist the edges to neatly seal. *Can be chilled for up to 12 hrs.*

4 Transfer the empanadas to a non-stick baking sheet, brush with a little milk and bake for 20-25 mins until golden.

PER SERVING 279 kcals, protein 10g, carbs 29g, fat 15g, sat fat 5g, fibre 2g, sugar 6g, salt 0.26g

Great for a gathering

Cavolo nero & pancetta tart

SERVES 6 • PREP 10 mins • COOK 50 mins Easy

This lovely lunch or supper dish can be made the day before. Keep it somewhere cool, but not in the fridge or the pastry might become soggy.

500g pack all-butter shortcrust pastry
1 small head of Cavolo nero, about 200g
70g pack sliced pancetta
200ml/7fl oz whole milk
150ml/¼pt double cream
2 eggs, plus 1 yolk
85g/3oz Parmesan, grated

1 Heat oven to 200C/180C fan/gas 6. Roll out the pastry and use to line a deep 20 x 30cm loose-bottomed tart tin or 23cm round tin. Prick the base and line with greaseproof paper and baking beans. Sit the tin on a baking sheet and bake for 15 mins, then remove beans and parchment and return to the oven for a further 5-10 mins until pale golden. Lower the oven to 180C/160C fan/gas 4.
2 Meanwhile, trim the cabbage and separate the leaves. Cook in a pan of lightly salted boiling water for 4-5 mins, until tender. Cool and drain well then squeeze out any excess water. Pat dry with kitchen paper.
3 Arrange the cabbage leaves and pancetta slices in the tart case. Beat together the milk, cream and eggs until well blended. Stir in the Parmesan and some freshly ground black pepper then pour into the tart case. Bake for 25 mins until just set.
4 Leave to sit in the tin for 10 mins then carefully lift out, cut into slices and serve while still warm.

PER SERVING 665 kcals, protein 19g, carbs 36g, fat 51g, sat fat 28g, fibre 3g, sugar 4g, salt 1.45g

New twist on quiche

Singapore noodles with shrimps & Chinese cabbage

SERVES 4 • PREP 10 mins • COOK 5 mins Easy Low fat

This Chinese-takeaway favourite is much tastier and healthier when made at home – and quicker, too. Use leftover roast chicken instead of prawns, if you like.

- **200g/7oz dried rice vermicelli or 3 x 150g Straight to Wok rice noodles**
- **1-2 tbsp sunflower oil**
- **1 tsp chopped ginger**
- **1 tbsp hot curry powder**
- **1 Chinese cabbage, cut into 1cm slices**
- **1 carrot, very thinly sliced**
- **150ml/¼pt hot chicken stock**
- **1 tsp brown sugar**
- **2 tsp vinegar (any will do)**
- **400g/14oz small, cooked, peeled prawns**
- **140g/5oz beansprouts**
- **bunch spring onions, thinly sliced**
- **Oriental chilli oil (look for one that contains shrimp paste), to serve**
- **soy sauce, to serve**

1 If using dried noodles, place in a heatproof bowl, cover with boiling water and leave to soak for 5 mins, or follow the pack instructions. Drain well.

2 Meanwhile, heat the oil in a wok and stir-fry the ginger for 1 min. Add the curry powder and cook for 1 min more.

3 Add the cabbage and carrot and stir-fry for 2 mins. Mix together the stock, sugar and vinegar and add to the pan with the prawns, beansprouts and drained noodles. Cook until piping hot, then stir through the spring onions, divide between bowls and serve with a splash of chilli oil and soy sauce.

PER SERVING 351 kcals, protein 32g, carbs 48g, fat 5g, sat fat 1g, fibre 3g, sugar 7g, salt 2.03g

Simple yet special

The modern Vegetarian

Aussie chef **Bill Granger** gives a contemporary twist to meat-free eating

Photographs DAVID LOFTUS

Classic soup made special

Curried carrot soup with coconut relish

SERVES 4-6 • PREP 25 mins • COOK 45 mins Easy V Soup only

A bowl of comforting, golden carrot soup always makes you feel like you're getting a good dose of vitamins and sunshine – especially when you spice it up a little. Here, the coconut relish made with cashews gives you that all-important bit of protein.

2 tbsp extra virgin olive oil
2 onions, chopped
small piece ginger, grated
2 garlic cloves, crushed
1 red chilli, finely chopped (see tip, p68)
1 tsp ground cumin
1 tsp ground turmeric
1kg/2lb 4oz carrots, sliced
1.5 litres/2¾ pints vegetable stock
1 tsp brown sugar
juice ½ lime
125ml/4fl oz coconut milk
FOR THE RELISH
50g/2oz cashew nuts
25g/1oz flaked coconut
large handful coriander leaves

1 Heat a large saucepan over a medium-high heat and add the oil. Tip in the onions and cook gently for 5-8 mins until soft. Add the ginger, garlic, chilli and spices, and stir until fragrant. Toss in the carrots, pour on the stock then bring to the boil. Reduce the heat to a simmer and cook for 30 mins or until carrots are tender.
2 Meanwhile, make the relish. Put the nuts, coconut, coriander, some salt and 60ml water in a mini chopper and pulse until roughly chopped. Set aside.
3 Remove soup from the heat and purée with a stick blender, stir through the sugar, lime juice, coconut milk and salt to taste. *The soup can now be chilled and frozen for up to 3 months.*
4 Divide between warm bowls and serve topped with a spoonful of coconut relish.

PER SERVING 357 kcals, protein 7g, carbs 34g, fat 22g, sat fat 9g, fibre 10g, sugar 28g, salt 1.17g

Individual ricotta & mushroom lasagnes

SERVES 4 • PREP 15 mins • COOK 45 mins Easy V

Traditional lasagne, made with Bolognese and béchamel sauce, can be laborious to prepare – this veggie version is much easier.

500g/1lb 2oz chestnut mushrooms, sliced
3 tbsp extra virgin olive oil
2 x 400g cans chopped tomatoes
1 garlic clove, crushed
pinch of sugar
500g/1lb 2oz ricotta
85g/3oz freshly grated Parmesan, or vegetarian alternative
1 tbsp oregano leaves
375g/13oz fresh lasagne sheets

1 Heat oven to 200C/180C fan/gas 6. Fry mushrooms in 1 tbsp of oil until golden, remove and set aside. Pour the tomatoes into the pan and gently cook for 20 mins until slightly reduced. Add the garlic, remaining oil, salt, pepper and sugar and cook for 1 min. Remove from heat.
2 Stir the ricotta, 50g Parmesan, oregano and some seasoning in a bowl. Pour 200ml of the tomato sauce into a large ovenproof dish and spread to cover the base.
3 Cut the lasagne sheets into 16 x 10cm squares. Fill a large bowl with cold water. Dip 4 sheets in the water, then lay them on the sauce, leaving space between. Spoon a third of the ricotta mixture evenly onto the squares and top with a third of the mushrooms.
4 Soak 4 additional lasagne squares and place separately on the mushrooms. Repeat to give 4 layers, finishing with lasagne sheets. Spoon 2 tbsp of tomato sauce over each stack and scatter with the remaining Parmesan. Bake for about 25 mins, until hot through and bubbling. Serve with any extra sauce on the side.

PER SERVING 549 kcals, protein 31g, carbs 39g, fat 31g, sat fat 14g, fibre 5g, sugar 8g, salt 1.06g

Bill Granger, the Australian restaurateur and food writer, is living in England with his family and plans to open a café in London in the spring. You can catch his new series, *Bill's Tasty Weekends*, on the Good Food channel. He is also a regular on BBC One's *Saturday Kitchen*.

Food styling LIZZIE HARRIS | Styling JO HARRIS

Veggie lasagne gets a makeover

Although I come from a family of butchers, I've always been passionate about vegetarian food. I love finding new, delicious ways to serve something simple, healthy and meat-free. By dipping into different cultures, it's amazing what you can do with a few simple ingredients and a little help from your storecupboard standbys
BILL GRANGER

Couscous with raisins, pine nuts & green olives

SERVES 4 • PREP 20 mins • COOK 5 mins Easy V

350ml/12fl oz vegetable stock
250g/9oz couscous
175g/6oz raisins
140g/5oz pine nuts, dry toasted in a hot pan
6 spring onions, chopped
25g/1oz butter, melted
100g/4oz pitted green olives, chopped

1 Pour the stock into a large saucepan and bring to the boil. Remove from the heat and add the couscous and raisins, then stir to combine. Cover and allow to stand until the couscous is tender and it's absorbed the liquid. This will take about 15 mins.
2 Fluff up the couscous with a fork, gently stir through the nuts, spring onions and butter, and season to taste. Transfer to a serving platter and serve warm or at room temperature scattered with the olives.
PER SERVING 581 kcals, protein 10g, carbs 65g, fat 33g, sat fat 7g, fibre 3g, sugar 34g, salt 1.79g

Ideal for entertaining

Baked butternut squash, chickpeas & green chilli

SERVES 4-6 • PREP 15 mins • COOK 1 hr
Easy V **Superhealthy** High in fibre, good source of vit C, counts as 4 of 5-a-day, Low fat

I love the satisfying, sweet earthiness of this dish. The jewel-like pomegranate seeds add a lovely fresh texture and bite. If you can't find pomegranate molasses, a few tablespoons of lime and a teaspoon of soft brown sugar works just as well drizzled over the top.

1 kg/2lb 4oz butternut squash, deseeded and cut into chunks
3 tbsp olive oil
1 onion, finely chopped
3 garlic cloves, finely chopped
medium piece ginger, grated
1 green chilli, finely diced (see tip below)
2 tsp smoked paprika
400g can chopped tomatoes
2 tbsp pomegranate molasses
400g can chickpeas, rinsed and drained
TO SERVE
chopped parsley, pomegranate seeds, mint and Greek yogurt

1 Heat oven to 180C/160C fan/gas 4. Place the squash on a baking tray, drizzle with 2 tbsp of the olive oil, season, toss to coat and spread out evenly. Roast for 25 mins, or until tender.
2 Transfer half of the squash to a medium casserole dish, set aside the remainder. Place a medium-size frying pan on the heat and add the remaining oil, then the onion, garlic, ginger, chilli and paprika. Cook everything for 5-8 mins, stirring occasionally until the onion is soft. Pour in the tomatoes, pomegranate and chickpeas and mix well, simmer for 1 min then turn off the heat.
3 Pour half the tomato sauce over the squash in the casserole dish in an even layer. Arrange the remaining squash pieces on top then finish with the rest of the sauce. Cover with a lid, transfer to the oven and bake for 25 mins.
4 Remove from the oven and serve hot or at room temperature, scattered with chopped parsley, pomegranate seeds and mint, with the yogurt on the side. Serve with the couscous (left).
PER SERVING 291 kcals, protein 9g, carbs 42g, fat 11g, sat fat 1g, fibre 8g, sugar 20g, salt 0.50g

TIP

When using chillies, if you want your dish to be very spicy keep in the seeds. If you want less heat, remove the seeds and their membrane before chopping.

Selkirk Bannock

British treasures

Gerard Baker, BBC chef and food historian, celebrates traditional regional recipes

Recipe photograph PETER CASSIDY

Slice and toast a piece of Bannock, butter it thickly and you will, quite literally, be eating a piece of our history. We are so familiar with the widespread use of sugar, butter, eggs and baking powder in the modern kitchen that it's easy to forget that our baking heritage rests on a firm foundation of simple yeasted breads.

The Selkirk Bannock is one of the few (of many hundreds) regional fruit breads that has, mercifully, survived and which now thrives beyond the lovely border town of Selkirk after which it is named. The name Bannock, Celtic in origin, is used generically to describe a large, round bread made from grain. Selkirk baker Robbie Douglas produced Bannocks that were so popular that the town has been linked with his breads since the 1860s.

Yeast, in the form of liquid as a by-product from home brewing, was readily available in the early British kitchen, where the affairs of the brewhouse and bakehouse ran side by side. Housewives and cooks would have been expected to be both a skilful baker and brewer, providing for the needs of the household.

Yeast was commonly used in early cakes, as eggs only became widely used as a leavener in the 17th and 18th centuries. It was much later, in the mid 19th century, that chemical leavening agents, such as baking powder, become common.

The simplest cakes, such as this Bannock, were easily made by adding a handful of dried fruits and a little butter or lard to a bread dough before proving and baking (originally done on a griddle).

Historically, sugar was expensive and dried fruits (often called plums) would have been used as a sweetener along with honey, when it was available. The Tudor kitchen began to abandon dried fruits for sugared comfits and treats (sugar-covered spices and nuts), but for the masses, regional plum breads and cakes remained more of a staple.

Sally Lunns, Cornish saffron bread and Scottish black buns are all variations on this theme, many now enriched beyond recognition with sugars and eggs, as bakers attempted to outdo one another for sales.

However, the Selkirk Bannock, reputedly a favourite of Queen Victoria, remains simple and unadulterated. In my view, its success rests largely in the basic quality of its ingredients and the pure taste of wheat, butter and fruit.

• Gerard Baker is a freelance chef, writer and broadcaster with 25 years of experience. As a food historian, he appears with the Hairy Bikers on *Mums Know Best* on BBC Two.

Selkirk Bannock

SERVES 8 • PREP 25 mins plus rising • COOK 45 mins Easy V ❄

A deliciously simple yeasted bread studded with sultanas. This is a classic that should be served with plenty of butter. If you have any left over, toast it for breakfast or use for a bread & butter pudding. For a deeper flavour, mix the yeast with all the water and half the flour and allow this to rise in the fridge overnight, then proceed with the recipe.

7g sachet fast-action yeast
1 tsp caster sugar
500g/1lb 2oz strong white flour
140g/5oz unsalted butter, or half butter, half lard, melted and cooled
450g/1lb sultanas
50g/2oz light brown sugar
milk for glazing

1 In a large bowl, mix the yeast and caster sugar with 250ml warm water. Let it stand for 10 mins until the mixture becomes frothy. Tip in the flour and 125g of butter and mix to form a smooth, soft dough. Knead for 5 mins, then put the mixture back in the bowl. Cover with oiled cling film and allow the mix to rise, in a warm place, until doubled in size.

2 Knock back the dough by kneading it lightly for 1 min, then add the sultanas and brown sugar, kneading them in well. Grease a deep 23cm round cake tin with the rest of the butter. Shape the dough into a round and place in the tin. Allow the dough to rise for 30 mins or until it has doubled in size.

3 Heat oven to 180C/160C fan/gas 4. Brush the Bannock with a little milk to glaze, then bake for 45-50 mins until risen and browned. The bread should sound hollow when removed from the tin and the base is tapped. If the bread colours too quickly, but is not quite cooked, you can cover it with foil and check after 5 mins more. Cool in the tin for 10 mins, then remove from the tin and finish cooling on a wire rack.

PER SERVING 525 kcals, protein 9g, carbs 93g, fat 16g, sat fat 9g, fibre 3g, sugar 47g, salt 0.04g

Food styling JENNY WHITE | Styling JO HARRIS | Kitchen photograph NTPL/ANDREAS VON EINSIEDEL

Tea-time classic

Jamie's slow-roast pork

Jamie Oliver cooks a beautifully flavoured cut of pork that won't break the bank

Eating cheaper cuts doesn't mean you have to sacrifice taste or quality in the slightest. And for flavour and texture, it doesn't get much better than slow-roast pork belly

Roast pork belly with two sauces

SERVES 4 • PREP 30 mins • COOK 2 hrs 45 mins Easy

1.5kg pork belly, skin on
3 lemons, halved
freshly grated nutmeg
1 small bunch fresh thyme, leaves picked
2 red onions, halved
2 carrots, peeled and chopped into chunks
2 sticks celery, chopped in chunks
1 garlic bulb, broken into cloves, skin on
750ml stock or water
500g couscous

FOR THE SALSA VERDE
½ garlic clove, peeled
1 tsp capers, soaked and drained
4 little gherkins
2 good-quality anchovy fillets in olive oil, drained
1 small bunch fresh coriander, leaves picked
1 small handful fresh basil, leaves picked
1 small handful fresh mint, leaves picked
1 small handful blanched almonds, toasted, chopped
6 dried apricots, finely chopped
1-2 tbsp red wine vinegar, to taste
50ml extra-virgin olive oil
1 tsp Dijon mustard

TO SERVE
200ml plain yogurt
2 tsp good-quality harissa paste
½ fresh red chilli, deseeded and finely chopped
1 small bunch fresh coriander, leaves only (optional)

1 Preheat the oven to 220C/200C fan/ gas 7. Score the pork skin and fat, then rub with a lemon half. Season the skin and meat with salt, pepper, nutmeg and thyme. Roast pork for 30 minutes, until the skin puffs and starts to turn into crackling. Reduce heat to 180C/160C fan/ gas 4 and roast for another hour.
2 To make salsa verde, finely chop the garlic, capers, gherkins and anchovies. Place the herbs on top and chop until fine, then stir in almonds, apricots, vinegar and olive oil. Mix in the mustard and a small swig of water, then season.
3 Take the pork out the oven, baste with its fat, then place on a board. Add the remaining lemon halves, garlic and veg to the tray. Place the pork on top and cook for another hour, or until tender. If required, give it another 20 minutes.
4 Lift out the pork, cover and let rest. Spoon any fat out of the tray. Coarsely chop the lemons and return to the tray. Stir in the couscous and stock. Bring to the boil and simmer for a few minutes, scraping the tray with a wooden spoon and pressing down on the veg. Cover with foil, and return to the oven for 10-15 minutes or until the couscous is cooked.
5 Serve the pork and couscous alongside a bowl of the salsa verde and a bowl of yogurt, spiced with the harissa, then sprinkled with the chopped chilli and optional coriander.

PER SERVING 1327 kcals, protein 81.8g, carbs 86.8g, fat 74.3g, sat fat 25.3g, fibre 4.3g, sugar 20.7g, salt 1.75g

This recipe first appeared in *Jamie Magazine*. The new issue is on sale now in supermarkets and WHSmith

Photograph DAVID LOFTUS | Styling ANDY HARRIS

New idea for your Sunday roast

Cast-iron cookware

SAVE £279.95 WHEN YOU BUY THE SET

There are great savings to be made on this classic kitchen collection

Get creative in the kitchen with this high-quality, cast-iron collection of cookware. Available in either orange or black, each of the eight pieces has an enamel interior that prevents food from sticking, as well as distributing heat evenly to ensure it's all perfectly cooked. The collection is suitable for use on gas, ceramic, electric and halogen cooker tops and ovens. Choose from:

Cast-iron casserole dishes

Available in large (7 litre, 29cm diameter) or medium (2.6 litre, 21.5cm diameter), these feature lids with ridges on the underside that help to baste and moisten meat during the cooking process – great for pot-roasts, stews, casseroles, rice dishes and soups.

Cast-iron skillet

Ideal for searing and grilling a wide range of meat and vegetables, this 26cm skillet is great for cooking indoors on the hob, or outside on the barbecue. It features a ridged interior and cast-iron base to give a perfect chargrilled finish to your food, and includes enamelled handles and integral pouring spouts.

Cast-iron square roasting dish

Create perfect lasagnes, pies and roasts in this 23cm roasting dish, with easy-grip handles to lift it safely from the oven.

Cast-iron frying pan

Cook up a hearty breakfast with this large frying pan. With a 28cm diameter, it's just the job for frying meats, eggs and vegetables.

Cast-iron pans – set of three

This pan set has 15, 17 and 19cm diameter pans, each featuring a pouring spout, lid and wooden handle that will not transfer heat.

Also available in black

Please note Cast-iron cookware is not suitable for use in microwaves. All cookware, apart from the wooden-handled saucepans, is oven-safe to a maximum of 180C/360F/gas 4

HOW TO ORDER Call 0844 493 5654, quoting reference 20557, go to *clifford-james.co.uk/20557* or send a cheque made payable to Clifford James to: *Good Food* Cast-Iron Cookware Offer 20557, PO Box 87, Brecon, LD3 3BE. Please add £3.95 for p&p per order. Calls cost 5p per minute from BT landlines, calls from other networks may vary. Orders usually delivered within seven working days to UK mainland and NI only, some exclusions may apply.

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Skillet	D4008	D4018	£49.99	**£24.99**		
Square roasting dish	D4009	D4019	£39.99	**£19.99**		
Frying pan	D4010	D4020	£59.99	**£29.99**		
Three-piece pan set	D4012	D4022	£149.99	**£79.99**		
Complete set	Orange	Black	£479.94	**199.99**		
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Sweet & sticky

Make the most of seasonal oranges with **Sara Buenfeld's** glorious sponge cake. If you're feeding a crowd, it makes a great dessert

Photograph LIS PARSONS

MAKE OUR COVER RECIPE

Sticky citrus sponge cake

CUTS INTO 10 • PREP 20 mins • COOK 45-50 mins Easy

If you've got fond memories of steamed syrup sponge, then you'll enjoy this simple baked variation. Make this for Sunday lunch and your family will love you forever.

- **4 medium oranges**
- **6 tbsp golden syrup, plus extra to serve, optional**
- **200g/7oz butter, at room temperature, plus extra for greasing**
- **200g/7oz soft brown sugar**
- **200g/7oz self-raising flour**
- **1 tsp baking powder**
- **100g/4oz ground almonds**
- **4 large eggs**

1 Heat oven to 180C/160C fan/gas 4. Finely grate the zest from 2 oranges into a large bowl. Cut the peel and pith from all the oranges with a serrated knife, and slice quite thickly.

2 Drizzle the golden syrup evenly over the base of a greased 23cm round cake tin. There is no need to line the tin and it shouldn't have a loose bottom otherwise the syrup will bubble through. Arrange the best orange slices on top of the syrup and finely chop any that don't fit.

3 Put all the remaining ingredients in the bowl with the zest and chopped orange. Beat with an electric hand mixer until smooth. Spoon on top of the oranges, spread lightly and make a deep hollow in the centre of the mix with the back of a spoon – this will ensure that the cake rises evenly.

4 Bake for 45-50 mins until firm when pressed. Allow to settle for 5 mins before turning out. Drizzle with golden syrup if you like, and serve with custard or ice cream.

PER SLICE 442 kcals, protein 8g, carbs 49g, fat 25g, sat fat 12g, fibre 2g, sugar 33g, salt 0.73g

Serve as a cake or a pudding

Food styling SARA BUENFELD | Styling JENNY IGGLEDEN

James Martin's KITCHEN

As a deli owner, I'm a strong advocate of British cheeses. With a long tradition of cheese-making, we produce some of the very best – I'm proud to cook with them
JAMES MARTIN

Great British cheeses

Onion soup with cheese & herb toasts, p78

Shallot tarte tatin with goat's cheese, p78

Onion soup with cheese & herb toasts

SERVES 6 • PREP 40 mins • COOK 1 hr
Easy • Soup only

The secret to a good onion soup is cooking the onions long and slow first – this will give flavour and a deep colour to the finished dish.

25g/1oz butter
1 tbsp olive oil
6 onions, thinly sliced
3 garlic cloves, thinly sliced
2 tbsp flour
300ml/½pt darkish beer, nothing too bitter
1.3 litres/2¼ pints beef stock
splash Worcestershire sauce
FOR THE TOASTS
1 baguette, cut into 12-18 thin slices
175g/6oz mature cheddar, Stilton, or Lincolnshire Poacher, grated
small bunch chives, snipped
½ small bunch parsley, finely chopped

1 Heat the butter and oil in a large pan and gently cook the onion and garlic until very soft and golden. Increase heat slightly and cook until brown – about 20-40 mins in total.
2 Stir in the flour for 2 mins, then stir in the beer and bring to a simmer for a few mins. Add the stock, bring back to a simmer, then season with salt and pepper and Worcestershire sauce. Keep warm.
3 Heat the grill and toast the bread on both sides. Meanwhile, mix the grated cheese with the herbs. Sprinkle a little on each slice and grill to melt. Ladle soup into bowls and float toasts on top.
PER SERVING 317 kcals, protein 16g, carbs 26g, fat 16g, sat fat 9g, fibre 3g, sugar 10g, salt 1.49g

Shallot tarte tatin with goat's cheese

SERVES 4-5 • PREP 40 mins • COOK 45 mins Easy V

600g/1lb 5oz shallots
2 tbsp olive oil
25g/1oz butter
4 tbsp balsamic vinegar
2 tbsp demerara or soft light brown sugar
4 thyme sprigs
375g sheet puff pastry
100g-140g goat's cheese, sliced into rounds (we used 140g)

1 Heat oven to 200C/180C fan/gas 6. Put the shallots into a heatproof bowl and pour over boiling water to cover. Leave for 10 mins, then drain and peel.
2 Heat the oil and butter in a frying pan. Add the shallots and fry gently for 10-15 mins until softened and lightly browned. Stir in the vinegar and sugar with leaves from 2 thyme sprigs for a few mins until caramelised. Turn off heat and season.
3 Tear remaining thyme sprigs into a few pieces and scatter over the base of a 22cm ovenproof shallow pan, cake or tart tin without a loose base. Tip in the shallots with all their sticky juices. Roll out the pastry until it's big enough to cut out a roughly 26cm circle. Lift the pastry circle onto the shallots, then tuck the edges down the inside of the pan. Bake for 25-30 mins until pastry is golden.
4 Leave tart for 5 mins to settle, then turn out of the tin. Dot with rounds of goat's cheese and slice into wedges.
PER SERVING 603 kcals, protein 14g, carbs 39g, fat 45g, sat fat 20g, fibre 3g, sugar 16g, salt 1.56g

Baked cheese with quick walnut bread & pears

SERVES 4 • PREP 35 mins • COOK 40-45 mins Easy V Bread only

1 English Camembert or Brie-type cheese in a box
drizzle walnut oil
3 pears, cored and thinly sliced
FOR THE BREAD
300g/11oz plain flour
200g/7oz wholemeal flour, plus a little extra for dusting
1 tsp salt
2 tsp bicarbonate of soda
100g/4oz walnuts, roughly chopped
284ml carton buttermilk
50ml/2fl oz olive oil
150ml/¼pt milk

1 Heat oven to 220C/200C fan/gas 7. To make the bread, mix the flours, salt, bicarbonate and the walnuts in a mixing bowl. Then stir in the buttermilk and oil, followed by enough milk to make a very soft, sticky dough.
2 Dust a baking tray with wholemeal flour and shape the dough into a round, flat-ish loaf on it. Dust with a little more flour, slash the top a few times and bake for 30-35 mins until risen, crusty and cooked through – it should sound hollow when you tap the bottom of it.
3 Cool bread to just warm (or leave to cool completely if preparing ahead), then get the cheese ready. Unwrap the cheese and put back into the box. Tie string around the box in case the glue melts in the oven. Drizzle the cheese with walnut oil, season, then put in the oven for 10 mins. Serve with slices of the warm walnut bread and pear.
PER SERVING 966 kcals, protein 35g, carbs 108g, fat 47g, sat fat 14g, fibre 10g, sugar 19g, salt 3.76g

A FEW OF MY FAVOURITES

• LINCOLNSHIRE POACHER Matured for 14-24 months, this hard cheese has a nutty, fruity flavour – a taste somewhere between Comté and a traditional West Country cheddar (£3.80 for 200g, Waitrose, or £3 plus p&p for 200g, *lincolnshirepoachercheese.com*).
• OGLE SHIELD From Jamie Montgomery – the man who invented Montgomery cheddar – and his cheese-making peer at Neal's Yard Dairy, Bill Oglethorpe. This hard, creamy cheese is made entirely from Jersey cow's milk. I like it for cooking, or simply grilling on toast (£5.74 for 310g plus p&p, *thecheeseshed.com*).
• RAGSTONE A smooth goat's cheese made in Herefordshire from unpasteurised milk. Dense and creamy, it comes in nice, neat logs – lovely on a cheeseboard, or slice it to top my tart, left (£7.95 for 200g plus p&p, *thecheeseworks.co.uk*).

RED NOSE DAY
18 March 2011

Get baking!

Holding a cake sale is a great way to raise money for Comic Relief. **Sarah Cook's** cute, but cheap, treats will get snapped up in no time

Cherry mallow traybake

Cuts into 15 squares • PREP 10 mins plus cooling • COOK 35-40 mins
Easy • Sponge only, un-iced
44p per square

250g pack butter, softened
280g/10oz self-raising flour
250g/9oz golden caster sugar
½ tsp baking powder
4 eggs
150ml pot natural yogurt
1 tsp vanilla extract
85g/3oz red glacé cherries, chopped
50g/2oz white marshmallows, snipped into small chunks
TO DECORATE
250g/9oz white marshmallows
5 tbsp milk
8 red glacé cherries, halved

1 Heat oven to 180C/160C fan/gas 4. Line a 20 x 30cm baking or roasting tin with baking parchment. Beat together the butter, flour, sugar, baking powder, eggs, yogurt and vanilla. Stir in the chopped cherries and snipped marshmallows. Scrape into the tin and bake for 25-35 mins until a skewer poked in comes out clean. Cool.
2 To decorate, put the marshmallows into a pan with the milk and gently melt, stirring. Scrape into a bowl and cool, stirring occasionally, until thick enough to spread. Spread over the cake, dot over the halved cherries and slice into 15 squares.
PER SERVING 383 kcals, protein 5g, carbs 58g, fat 16g, sat fat 9g, fibre 1g, sugar 40g, salt 0.52g

Double choc shortbreads

MAKES 25 • PREP 30 mins plus chilling • COOK 10-12 mins
Easy • Biscuits only, un-iced
15p per biscuit

200g/7oz butter, cubed
325g/11½oz plain flour, plus extra for rolling
100g/4oz caster sugar
1 tsp vanilla
2 egg yolks
100g/4oz dark or milk chocolate chips
200g bar white chocolate, melted
red writing icing tube

1 Rub the butter into the flour to make crumbs, then stir in sugar, vanilla, yolks and chocolate chips and bring together to form a dough. Roll out on a lightly floured surface and stamp out 6cm round biscuits. Re-roll the trimmings and repeat. Arrange on parchment-lined trays and chill for 30 mins.
2 Heat oven to 200C/180C fan/gas 6. Bake biscuits for 10-12 mins until golden. Cool. Spread each with white chocolate and leave to set. Decorate, or write on buyer's name with red icing on the spot, if you like.
PER SERVING 192 kcals, protein 2g, carbs 22g, fat 11g, sat fat 6g, fibre none, sugar 12g, salt 0.12g

- **The Comic Relief charity, launched in 1988, raises money to help vulnerable and disadvantaged people across the UK and Africa.**
- **You can get involved at home, work or school – visit *rednoseday.com* for more details and a fundraising kit. Catch all the special programmes on the BBC on Friday 18 March.**

Dotty banana fairy cakes

MAKES 12 • PREP 30 mins • COOK 20-22 mins
Easy • Cakes only, un-iced
19p per cake

100g/4oz caster sugar
100g/4oz butter, softened
140g/5oz self-raising flour
2 eggs
1 tsp vanilla extract
1 very ripe banana
TO DECORATE
140g/5oz icing sugar
100g/4oz ready-to-roll regal icing
red food colouring
hundreds and thousands

1 Heat oven to 180C/160C fan/gas 4. Line a 12-bun tin with fairy cake cases. Put the sugar, butter, flour, eggs, vanilla and banana in a big bowl together. Beat with an electric whisk until banana is mashed and everything mixed. Divide between the cases and bake for 20-22 mins until a skewer poked in comes out clean. Cool.
2 To decorate, mix the icing sugar with enough water to be spoonable, but not too runny or it will dribble off the cakes. Spread some over each cake. Knead some food colouring into the regal icing to make a bright red colour. Roll 12 different-size balls, dip one side or the top of each in some sprinkles and stick one on each cake.
PER SERVING 236 kcals, protein 2g, carbs 40g, fat 8g, sat fat 5g, fibre none, sugar 31g, salt 0.29g

Photographs PETER CASSIDY | Food styling RACHEL JUKES | Styling SILVANA FRANCO

Cherry mallow traybake

Dotty banana fairy cakes

Double choc shortbreads

March

Seasonal & local

It's still cold, says **Clare Hargreaves**, but the bulbs are coming up, we'll soon see the first Jersey Royals, and Shrove Tuesday, on 8 March, brings delicious pancakes

The rising cost of food

Why is your weekly shopping bill on the increase?

What do your daily loaf, your breakfast cereal, and your Sunday roast all have in common? As you'll no doubt have noticed, they've been making a bigger dent than usual in our wallets. As we went to press, our weekly food bills were at their highest for over a year. So what's going on?

The reason for the rises is the surge in the prices of world commodities, such as wheat and maize. These affect not only the price of UK bread, but also meat and dairy products, since much of the livestock we eat is fed on imported grain.

The increases are largely due to the fires and droughts last summer in Russia and the Ukraine. As a result, Russia has banned grain exports until the middle of the year, while Ukraine has put quotas on wheat, corn and barley, seriously affecting supplies to Europe. World prices for rice, sugar and soya (also important for animal feed) have also rocketed.

The UK is heavily affected by global price hikes, plus currency fluctuations, because we now import nearly half of our food. Of course British wheat farmers are benefiting from the situation, but it's a different story for those producing meat, milk and cheese to be sold on the domestic market. Some commentators argue that the recent price volatility should prompt us to produce more of our own food, as well as feed for our livestock.

Other factors inflating food prices are the rise in bio-fuels (which means cars consume grain that would have been used to feed humans); the rising cost of fertilisers; world population growth; and burgeoning demand for meat in developing countries, particularly India and China.

Some analysts fear that world food prices could reach the levels seen in 2007-8, prompting worries of more food riots, like those that rocked poor countries from Bangladesh to Haiti two years ago.

Climate change experts are warning that the floods and droughts that hit grain-growing areas last year are not merely freak events. They could, they say, become a regular occurrence as global warming increases.

So it seems fluctuating food prices could be a permanent problem. Might it be time to start growing more of our own food?

Turn the page for inspiration – and let us know what you think about this issue. Email us at *goodfood@bbc.com*.

THE BIG ISSUE

Diary dates

- **Pancake Fun**, 6 March, Sizergh Castle, Cumbria. Café staff cook the pancakes, and you're free to add your own toppings. Try pancake-tossing and there'll even be a pancake race. Booking not required. 01539 560951, *nationaltrust.org.uk/event*. To create some pancake fun at home, see our recipes on p94.
- **Fairtrade Fortnight**, 28 Feb-13 March. Nationwide events will include bake-offs, talks, pop-up restaurants and an interactive game on Facebook. Supermarkets and café chains will be promoting Fairtrade ranges, too. 020 7405 5942, *fairtrade.org.uk*
- **Feast East**, 4-5 March, Chilford Hall, Linton, Cambs. With more than 80 local producers, plus cookery demos. 01473 785883, *feasteast.co.uk*
- **Pudding evening**, 10 March, Ightham Mote, Kent. Enjoy a two-course supper at this moated Medieval manor house and finish off with all-you-can-eat traditional homemade puddings and desserts. Tickets £19.75. 01732 811314, *nationaltrust.org.uk/events*
- **Chef for a Day,** 4, 11, 18, 25 March, Waddesdon Manor, Bucks. Spend three hours hands-on cooking followed by a three-course lunch with wines. See behind the scenes and learn about the Rothschild family's contribution to cuisine. Tickets £97.50, booking essential. 01296 653226, *waddesdon.org.uk/events*

Good reads

Willie's Chocolate Bible by Willie Harcourt-Cooze (Hodder & Stoughton, £25).
Fancy some luxury chocolate to banish the winter blues? Then this is your book. Willie Harcourt-Cooze, the only chocolate producer in the UK making bars from beans, shares more than 150 of his best chocolate recipes, from chocolate panna cotta to dark chocolate tart and ice cream.

Meat: A Benign Extravagance by Simon Fairlie (Permanent Publications, £19.95).
This is not just another 'Don't Eat Red Meat' book. While it explains why, for ethical, environmental, and health reasons, we should eat less of the red stuff, it also argues that our animals still have a place in a sustainable farming future. A really original and challenging read.

Photographs GETTY IMAGES | GARETH MORGANS | STOCKFOOD

A place I know

The Durham Ox

Crayke, near York, 01347 821506, *thedurhamox.com*

Meat is definitely king at this historic, homely village pub. Much of it is traditional-breed beef, lamb and pork carefully reared by Charles Ashbridge – the North's version of Jimmy Doherty – at Mount Grace Farm, near Thirsk. It's cooked simply (no fancy sauces), and served with spuds or chips and local vegetables.

As well as hefty steaks, you'll find winter favourites like Venison casserole with Mount St John dumplings and Roast sirloin of Mount Grace beef with Yorkshire puds. On Sundays, try Charles's delicious Milk-fed porchetta, rubbed with parsley, rosemary and garlic. You'll pay about £28 for a three-course dinner.

As alluring as the food is the setting – bang in the middle of pretty Crayke, just a 20-minute drive from York, and with olde worlde comforts such as flagstone floors and high-backed settles by crackling fires. Make a weekend of it and stay in one of the four cute cottages behind the pub or the new luxury studio suite above.

Produced with passion

Tracklements

Tracklements, which has been producing award-winning condiments for more than 40 years, started out in the kitchen of William Tulberg. At the time he worked in the meat trade, so understood the importance of a good mustard or pickle. But there was precious little on offer, so he began making his own French-style wholegrain mustard.

William was later joined by his son Guy and together they developed new relishes, from onion marmalade and pickles to salsa and horseradish with cream.

The company now has more than 50 tracklements – a word Guy's great grandmother used to describe the bits and bobs accompanying the Sunday roast – and was a runner up in the Best Food Producer category in BBC Radio 4's most recent Food & Farming Awards.

Tracklements products are sold in Waitrose and in delis, butchers and farmshops nationwide, visit *tracklements.co.uk* for more information.

To find out more about the Food & Farming Awards, go to *bbc.co.uk/radio4/features/ffa/2011/*

Fresh this month

A vegetable that stars on our national currency – the £1 coin – deserves to be treated with reverence. Proudly sported on St David's Day, 1 March, the leek has been a Welsh national symbol for centuries and often features in cawl, the native stew-like soup. The story goes that when a Welsh king was due to fight the invading Saxons, he ordered his men to wear leeks on their helmets to tell friend from foe. The Welsh won, so adopted the lucky leek.

In fact, the rest of Britain has been growing leeks for just as long as Wales, and in Anglo-Saxon times these members of the allium family were so ubiquitous that the phrase 'leek garden' was used to describe any kind of vegetable plot. The Romans were keen on leeks too – Emperor Nero is said to have devoured them daily.

The only drawback of leeks is that they need careful cleaning as sandy soil gets trapped between its leafy layers. This is because once leeks strengthen, the earth around them is piled up to keep their flesh white and mild. But it's a small price to pay for this flavoursome vegetable.

Leeks come to the rescue at this time of year, when there's precious little else around. As well as cawl, they are terrific in other classic soups, such as France's *vichyssoise* (creamed leek & potato) and Scotland's cock-a-leekie, a delicious marriage of chicken broth and leek. I also love them with goat's cheese in a tart or in stir-fries.

Interestingly, the leek's most nutritious part is the part we often throw away, the dark green tops. Save them and use to flavour stocks and marinades.

Also in season

- **Bananas**
- **Beetroot**
- **Carrots**
- **Cauliflower**
- **Celeriac**
- **Chicory**
- **Crab**
- **Dover Sole**
- **Jerusalem artichokes**
- **Lemons**
- **Lobster**
- **Parsnips**
- **Passion fruit**
- **Pomegranate**
- **Scallops**
- **Spinach**
- **Sprouting broccoli**
- **Swedes**

NEW SERIES

Get set to grow

It's so satisfying to cook with homegrown produce – it can also save you money. **David Hurrion**, *Gardeners' World* magazine expert, advises what to plant

When it comes to fruit and vegetables, freshness is essential to get the best flavour. If you've ever eaten sweetcorn cooked within minutes of being picked, you'll know how much better it tastes – but the same is true of any crop. And, in these cash-strapped times, it's good to know that growing your own will not only cut your food bills, but also reward you with succulence and taste rarely found in the supermarket.

Fresher flavour

The sweetcorn example demonstrates what happens to most crops as soon as they're picked. The edible part of the plant, in this case the seeds or kernels, contain sugar, which is what makes it palatable. Detached from the plant, without a supply of water and nutrients, much of this sugar is turned to starch, which lacks sweetness.

It's a process equally notable in peas and it's the main reason why they're picked and frozen so quickly – so they're as sweet as the moment the pod went pop!

Reap the rewards

Growing your own means crops can be picked and on your plate as soon as they're ready. You can also choose those that taste best, including some amazing heritage varieties that have dropped out of mass cultivation.

By contrast, lots of commercial crops are picked early and ripened artificially. This is so that produce can be moved while it is firm and less prone to damage. Much veg and fruit has been bred for robustness in transit, sometimes at the expense of sweetness and flavour.

Finally, it takes a bit of effort, but pottering about in the garden is really relaxing – and a great way to stay fit.

Why it's worth the effort

- **Reduce your shopping bill** Prices of veg, fruit and herbs are rising, particularly organic produce.
- **Eat seasonally** Supermarkets allow us to eat most produce all year round, but with careful planning you can ensure that you have fresh vegetables each month, particularly if you freeze any surplus.
- **Cut food miles** Even small quantities of homegrown food can make a difference.
- **Avoid waste** By making the effort to grow your own veg and fruit, you'll be more likely to cook it carefully and use up any that is leftover.
- **Know what's in it** You have much more control over your crop, choosing whether to use pesticides, for instance.
- **Share your harvest** Excess crops can be swapped, sold or simply given to friends and neighbours.

CROPS IN POTS

With smaller gardens and more people living in flats, growing produce in pots and growing bags has become increasingly popular. Patios, balconies, windowsills and roofs can be transformed into productive crop space, but it's essential to check that the structure is strong enough to support the potential weight of containers, wet compost and plants.

Remember, plants grown in pots and growing bags will depend on you for nearly all their water and nutrients. They are much more vulnerable than those grown in open soil, however limited the area. A small volume of compost contains a finite amount of food for the roots and moisture can quickly be used up on hot days. Keep the roots well watered to avoid wilting leaves and stems, plant stress and poor crops.

Our top 10 to grow this year – see overleaf

Photographs GARETH MORGANS, ALAMY, PHOTOLIBRARY, SIMON WALTON, NOEL MURPHY, SARAH CUTTLE, MIKE HARDING, JASON INGRAM

10 to grow for fresh-picked flavour

All these summer fruit and vegetables are easy to grow and will give you delicious crops to enjoy straight from your garden

FRUIT & VEG	GETTING STARTED	PLANTING & THINNING OUT	WHEN TO PICK
TOMATOES 'Gardener's Delight' 'Shirley' 'Sweet 100'	• **MARCH** Sow 2-3 seeds in a small pot of compost and cover with a clear plastic bag. Keep only the strongest seedlings to grow on. Pot into a slightly larger pot in April.	• **LATE MAY** Pot up into growing bags and place against a sunny, sheltered wall. Plant outdoor types in soil in full sun. Water every day and add fertiliser.	• **JULY-SEP** For the best flavour, leave on vines until fully ripe. Harvest at dusk or dawn when they're full of moisture. Grow at least 1 plant per person.
GARLIC 'Albigensian Wight' 'Solent Wight'	• **MARCH** You can grow garlic bought from shops, but for optimum results it's worth buying special bulbs from garden centres or dedicated growers.	• **MARCH** Split garlic bulbs into individual cloves and plant in the ground or in large containers of compost 10cm apart and 5cm deep. Water regularly.	• **SEP** Lift when the foliage turns yellow and dies down. Leave the bulbs to dry, tie stalks together and hang in a cool, dark place indoors. Can be used freshly picked.
STRAWBERRIES 'Sonata' 'Cambridge Favourite'	• **MARCH** Buy young pot-grown plants, available from garden centres. Or ask friends and family for rooted 'runners' from their strawberry plants.	• **MARCH** Can be grown in border soil or in large pots of compost. Plant 30cm apart. Water during dry weather. Can be left to crop each year for 5 years.	• **JULY-AUG** In open ground, use straw or strawberry mats underneath to hold off the soil. Pick when fully ripe and use the same day. Remove any rotten fruit.
SPINACH 'Perpetual' 'Mikado'	• **MARCH-MAY** Sow in garden soil or pots of compost. Make shallow drills (furrows) and scatter seeds thinly along row. Sow short rows every 14 days for a steady supply.	• **APRIL-JULY** Thin out so the strongest plants are around 20cm apart. Keep well watered in hot, dry weather. Use thinnings in salads as they won't transplant.	• **MAY-OCT** Harvest the larger leaves, leaving the younger ones to grow on. Pick spinach in the morning before the heat of the day, which causes them to wilt.
AUTUMN RASPBERRIES 'Zeva' 'Joan J'	• **MARCH** Bare, woody canes can be bought from most good garden centres. Pot-grown plants are also available, although they usually cost a little more.	• **MARCH** Plant in border soil in blocks or rows with 40-45cm between plants. Plant with canes above soil level. Allow all new stems to grow for more fruit.	• **AUG-OCT** Fruit is produced towards the ends of the shoots. Use netting to protect fruit from birds in late July. Pick all the ripe fruit every day to prevent it spoiling.
LETTUCE 'Salad Bowl' 'Little Gem'	• **MARCH-JUNE** Make March sowings in seed trays of compost. Sow direct in short drills where they are to grow from April. Sow small amounts every 14 days.	• **APRIL** Young plants raised in seed trays can be planted in the ground in mid to late April. Thin out later sowings to leave plants 15cm apart. Water well.	• **MAY-SEP** Use thinned plants as 'baby leaves'. Pick outer leaves from a 'Salad Bowl' or harvest the whole plant of hearting varieties. Cut early morning.
CARROTS 'Early Nantes' 'Parmex'	• **MARCH-JUNE** Carrots need to be sown where they are to grow. Make short rows, every 10-14 days in shallow drills, either in soil or in John Innes No 2 compost.	• **MAY-JULY** Water seedlings before thinning – this deters carrot-root fly pest. Thin to leave the strongest seedlings 7-8cm apart. Water well in dry weather.	• **JUNE-SEP** Lift carrots carefully, using a garden fork. Harvest only what you need and cut back foliage to within 2-3cm of the top to maintain freshness.
BEETROOT 'Boltardy' 'Globe 2'	• **MARCH-JUNE** Soak seeds in tepid water for 24 hours. Sow early beetroot singly in small pots of compost. From April, sow in the ground or in compost, every 14 days.	• **APRIL** Single seeds can produce more than one seedling, so thin to leave the strongest. Plant carefully to avoid damaging the rootball. Water regularly.	• **JUNE-OCT** Use a border fork to ease the beetroots out. Lift only as many as you need. Twist off the leaves, leaving the stalks 5cm long to prevent any bleeding.
RUNNER BEANS 'Scarlet Emperor' 'Moonlight'	• **APRIL** Sow large bean seeds in small pots or trays of moist compost, on a windowsill. Can also be sown directly outside into soil or compost where they are to grow.	• **MAY** Enrich soil with plenty of compost. Or plant in half a barrel or a similar large container. Pinch out growing tips of each bean when planting. Water regularly.	• **JULY-SEP** Harvest beans regularly from July, when they are young, which prevents them becoming stringy and encourages more flowers and beans to form.
COURGETTES 'Zucchini' 'El Greco'	• **EARLY MAY** Soak seeds in water for 1 hour before sowing. Push each seed into a pot of compost. Allow to germinate on a windowsill.	• **LATE MAY** Prepare soil by forking in plenty of bagged or garden compost. Water every day to allow them to swell. Use liquid tomato fertiliser once a week.	• **JULY-SEP** Courgettes form the swollen stalk behind the female flowers. Pick them small to encourage more fruit. Grow at least 1-2 plants per person.

Take a trip to Croatia

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Croatia is one of Europe's best-kept secrets. It has been ruled by the Romans, Byzantines and Venetians, all of whom have left their legacies. Lord Byron christened its bustling city of Dubrovnik the 'Pearl of the Adriatic' – and the Dalmatian coastline is one of the most dramatic in Europe.

If you can imagine what the unspoilt Mediterranean was like 30 years ago, Montenegro is probably it. Its matchless blend of history and Mediterranean ambience, with stunning natural beauty, free from over-development, is again on the discerning traveller's map.

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The Mostar bridge

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GoodFood

In next month's issue

All your Easter cooking

New ways with chocolate * Easy homemade Hot cross buns

Quick family dishes

Less meat, more veg * One-pots * Feelgood suppers

Treats for Mother's Day

Make a special cake * Posh afternoon tea * Gifts

FRESH SPRING RECIPES

Easter lunch – Garlic & herb roast lamb

FREE CAKES & BAKES COOKBOOK

On sale from 9 March

Gregg's perfect pud

BBC *MasterChef* presenter, **Gregg Wallace**, rolls a roulade with a difference
Photographs PETER CASSIDY

Chestnut & amaretto roulade

SERVES 6 • PREP 20 mins plus 1 hour cooling • COOK 40 mins
Moderately easy • Sponge only

The roulade can be made several hours ahead – just keep it somewhere cool.

butter, for the tin
3 eggs, separated
140g/5oz caster sugar
250g can unsweetened chestnut purée or 375g/13oz peeled chestnuts (see tip)
2 tbsp Disaronno (amaretto liqueur)
300ml/½pt double cream
2 tbsp icing sugar

1 Heat oven to 160C/140C fan/gas 4. Butter and line a 20 x 30cm Swiss roll tin. Whisk the yolks and sugar together until thick, then fold in the chestnut purée.
2 Whisk the whites into stiff peaks, then fold into the chestnut mixture. Pour in the greased tin and cook for 40 mins.
3 Cool for 5 mins, then cover with a damp tea towel and leave for an hour. Meanwhile, make your cream. Simply add the Disaronno to the double cream and whisk until thick and spreadable.
4 Take a big piece of greaseproof paper and sprinkle generously with icing sugar. Turn the roulade out onto the paper, spread the cream on and carefully roll it up tightly, starting with one of the short edges and using the paper to help. Don't worry if it cracks – it's part of the charm.

PER SERVING 468 kcals, protein 5g, carbs 39g, fat 32g, sat fat 17g, fibre 1g, sugar 31g, salt 0.31g

For more roulade recipes, including a Mango & passion fruit Pavlova roulade, visit **bbcgoodfood.com**.

Food styling JENNY WHITE | Styling JO HARRIS

TIP If you can't find chestnut purée, put the chestnuts in a saucepan and add 500ml of water. Bring the liquid to the boil and simmer until almost all the liquid has evaporated. Remove from the heat and purée with a hand blender. Leave to cool.

This posh Swiss roll is bound to impress because it looks difficult, even though it's not. I use one of my favourite ingredients in the sponge base – chestnut purée. The flavour works really well with the filling of boozy cream

Stunning make-ahead dessert

GFP311

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GILLIAN CARTER
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Food for the weekend

- Pizza party
- Pancakes
- Family Sunday lunch

Entertain at home and save money

Pick a pancake

It's pancake season, so **Annie Rigg** shares some of her favourite recipes
Photographs PHILIP WEBB

Shrove Tuesday 8 March

Quick and delicious whatever the meal or occasion, pancakes are one of the easiest recipes to whip up. Serve them savoury for brunch or a laidback supper, or enjoy a classic pancake simply topped with some lemon or sugar

Cornmeal pancakes with spiced pork & avocado salsa, p98

Photographs PHILIP WEBB | Food styling ANNIE RIGG | Styling JO HARRIS

Crêpes Suzette, p98

Chocolate praline pancake cake

SERVES 6-8 • PREP 20 mins • COOK 40 mins Moderately easy

1 x classic pancake recipe
sunflower oil, for greasing
100g/4oz caster sugar
100g/4oz blanched almonds
½ tsp sea salt flakes
FOR THE CHOCOLATE SAUCE
250g/9oz dark chocolate, finely chopped
50g/2oz unsalted butter
175ml/6fl oz whole milk
125ml/4fl oz double cream
2 tbsp brandy or dark rum
50g/2oz light muscavado sugar
whipped cream, to serve

1 Prepare pancakes following the classic recipe (left).
2 Lightly brush a baking sheet with sunflower oil. Tip the caster sugar into a medium-size saucepan, add 2-3 tbsp of water and set the pan over a low-medium heat to allow the sugar to slowly dissolve into the water. Bring to the boil and continue to cook until the syrup becomes amber-coloured caramel.
3 Working quickly, tip the blanched almonds and salt into the pan and continue to cook for 30 secs-1 min until the caramel turns deep amber and the almonds are toasted. Tip the praline onto the oiled baking sheet and leave until completely cold and hardened. Break the praline into chunks and whizz in the food processor until coarsely chopped.
4 To make the chocolate sauce, combine all the ingredients in a heatproof bowl set over a pan of barely simmering water. Stir occasionally until smooth and silky. Remove from the heat and cool to room temperature.
5 Heat oven to 180C/160C fan/gas 4. Lay one pancake in the bottom of a 20cm springform tin and spread over 1 tbsp of chocolate sauce. Scatter with chopped praline and top with another pancake. Continue in this manner until you have used all 12 pancakes, topping the stack with a pancake.
6 Cover the tin with foil and bake on the middle shelf of the oven for around 20 mins or until hot through. Gently warm the remaining chocolate sauce, cut the cake into wedges and serve scattered with the remaining praline chocolate sauce, and a bowl of lightly whipped cream alongside.

PER SERVING 775 kcals, protein 13g, carbs 75g, fat 48g, sat fat 23g, fibre 3g, sugar 56g, salt 0.51g

The classic pancake

MAKES 12 • PREP 10 mins plus resting • COOK 20 mins Easy

This is the basic recipe for crêpes and pancakes – you could add orange or lemon zest, a pinch of cinnamon or even finely chopped herbs. Look out for pans that are specifically made for cooking pancakes. They're non-stick, shallow and should have a good solid base to ensure the pancakes cook evenly every time.

140g/5oz plain flour
200ml/7fl oz whole milk
2 eggs
25g/1oz unsalted butter, melted, plus a little extra for greasing

1 Sift the flour with a pinch of salt into a medium-size bowl and make a well in the middle. Mix the milk and 100ml of water together. Break the eggs into the well and start whisking slowly. Add the milk and water in a steady stream, whisking constantly and gradually incorporating the flour as you do so.
2 Whisk until the batter is smooth and all the flour has been incorporated. Set the batter aside to rest for 30 mins, then whisk the melted butter into the batter.
3 Heat the pan over a medium heat. Very lightly grease the pan with melted butter. Using a ladle, pour roughly 2 tbsp of batter into the pan and swirl it around so the bottom of the pan is evenly coated. You want to use just enough batter to make a delicate, lacy pancake. Cook the pancake for about 45 secs on one side until golden and then using a palette knife or fish slice, flip the pancake over and cook the other side for about 30 secs until it freckles.
4 Slide the pancake out of the pan and either serve immediately or stack on a plate with baking parchment in between. Continue until all the batter is used up.

PER SERVING 84 kcals, protein 3g, carbs 10g, fat 4g, sat fat 2g, fibre none, sugar 1g, salt 0.06g

This isn't really a cake, but an indulgent and sophisticated way with pancakes and hot chocolate sauce. Serve with lightly whipped cream or vanilla ice cream

New way with pancakes

Cornmeal pancakes with spiced pork & avocado salsa

SERVES 6 ● PREP 40 mins ● COOK 3 hrs 20 mins Moderately easy pancakes and pork only

Cornmeal pancakes are also called flour tortillas and make the ideal wrap for slow-cooked tender pork.

1 tbsp olive oil
750g/1lb 10oz boned pork shoulder, trimmed of excess fat, cut into 7-8 large chunks
1 onion, chopped
3 garlic cloves, crushed
2cm piece ginger, grated
1 tsp each cumin seeds and coriander seeds, lightly crushed
1 tsp chilli powder
¼ tsp smoked paprika
½ tsp dried oregano
2 tsp wine or cider vinegar
200ml/7fl oz beer
1 tbsp light muscovado sugar
1 small cinnamon stick
2 cloves
FOR THE CORNMEAL PANCAKES
140g/5oz plain flour
75g/2½oz fine or medium cornmeal
½ tsp baking powder
2 tbsp sunflower oil
FOR THE SALSA
2 ripe avocados, diced
12 cherry tomatoes, roughly chopped
6 spring onions, sliced
1 red chilli, finely chopped
1 rounded tbsp chopped coriander
juice of ½ lime
lime wedges, soured cream and extra coriander to serve

1 Heat oven to 150C/130C fan/gas 2. Put the oil in a solid bottomed casserole dish over a medium-high heat and brown the pork in batches. Remove from the pan with a slotted spoon and set aside.
2 Add the onions and cook gently until soft but not coloured, about 5 mins. Tip in the garlic and ginger and cook for 1 min more. Add the spices and oregano and cook for 30 secs more until aromatic.
3 Pour in the vinegar, beer and sugar then bring to the boil and simmer for 1 min. Remove from the heat, tip into a blender and process until smooth. Pour the sauce back into the pan and add the browned pork, cinnamon and cloves, and season well. Cover with a tight fitting lid and cook on the middle shelf of the oven for about 2½-3 hrs until the meat is really tender and falls into shreds in the sauce.
4 While the pork is cooking, prepare the pancakes. Tip the flour and cornmeal into a bowl with the baking powder and ½ tsp salt. Pour in the oil and 125-150ml of warm water and mix until the dough is firm, but not dry. Tip out on the work surface and knead for 1 min until smooth. Return the dough to the bowl, cover and leave to rest for 30 mins.
5 Heat a frying pan over a medium heat. Divide the dough into 18 even-size pieces. Lightly flour the work surface and roll each one into a thin, neat disc roughly 12cm in diameter. Keep the remaining dough covered with cling film to stop it drying out.
6 Cook the pancakes in the hot pan for about 30 secs until the underside is dry and just starting to brown in places. Flip the pancake over and cook the other side for about 30 secs. Remove from the pan and keep warm, wrapped in a clean cloth. Repeat with the remaining dough.
7 Combine the salsa ingredients in a bowl and season to taste. Shred pork into sauce, then spoon onto each pancake and top with the avocado salsa and soured cream. Scatter with chopped coriander and squeeze over lime.

PER SERVING 510 kcals, protein 30g, carbs 35g, fat 28g, sat fat 7g, fibre 3g, sugar 6g, salt 0.37g

Crêpes Suzette

SERVES 4-6 ● PREP 15 mins ● COOK 35 mins Moderately easy

This recipe is a fine way to elevate the humble pancake into a smart pudding.

1 x classic pancake recipe
3 tbsp caster sugar
250ml/9fl oz freshly squeezed orange juice (2-3 oranges)
zest 1 orange
1 tsp lemon juice
1 tbsp Grand Marnier or Cointreau
50g/2oz unsalted butter

1 Prepare pancakes following the classic recipe on p96. Fold the pancakes into quarters.
2 Tip the caster sugar into a non-stick frying pan and set the pan over a low-medium heat. Allow the sugar to melt slowly without stirring and continue to cook until it becomes a deep amber-coloured caramel.
3 Immediately slide the pan off the heat and add the orange juice – be careful as it may splatter and spit as it hits the hot caramel. Add the orange zest, lemon juice, the Grand Marnier and return the pan to a low heat to re-melt the caramel into the liquid.
4 Add the butter to the sauce in small pieces, bring to the boil and simmer gently until glossy and reduced slightly. Add the pancakes to the pan and warm through. Serve immediately.

PER SERVING 451 kcals, protein 9g, carbs 51g, fat 22g, sat fat 13g, fibre 1g, sugar 24g, salt 0.17g

• For a video showing how to make the perfect pancakes visit the How to Cook section at bbcgoodfood.com

Apple & blueberry blintzes

SERVES 6 • PREP 20 mins • COOK 40 mins Easy

Blintz is the Russian name for a thin pancake often wrapped around a filling.

1 x classic pancake recipe
FOR THE FILLING
250g tub mascarpone
1 tsp vanilla extract
3 tbsp caster sugar, plus a little extra for sprinkling
1 egg yolk
50g/2oz unsalted butter
6 small eating apples, peeled, cored and cut into 8
200g/7oz blueberries
½ tsp ground cinnamon
FOR THE SAUCE
200g/7oz blueberries
3 tbsp caster sugar
squeeze fresh lemon juice

1 Prepare pancakes following the classic recipe on p96.
2 Beat together the mascarpone, vanilla extract, 1 tbsp of the sugar and the egg yolk until smooth and thoroughly combined, set aside. Melt half the butter in a large frying pan and add half the apples and half the remaining sugar. Cook until the apples are tender and starting to caramelise. Remove from the pan and cook remaining apples in the same way. Set aside. Add the blueberries to the pan, cook for 1-2 mins until they start to soften, remove from the pan and add half to the apples.
3 Place all the ingredients for the sauce in a saucepan with 75ml of water and cook over a low heat until the blueberries start to break down. Push the mixture through a fine nylon sieve, taste and add sugar or lemon juice if needed. Add the reserved softened blueberries and pour into a jug for serving.
4 Heat the oven to 180C/160C fan/gas 4. Lay the pancakes out on a work surface and divide the mascarpone mixture into the middle of each pancake in a neat dollop. Top the mascarpone with the apple and blueberry mixture and fold over the sides of the pancakes to completely encase the filling in a neat square parcel. Arrange the blintzes in an ovenproof dish seam side down and scatter with a little caster sugar plus a pinch of ground cinnamon.
5 Bake on the middle shelf for about 10-15 mins or until warmed through. Serve 2 blintzes per person with the blueberry sauce alongside in a jug.

PER SERVING 566 kcals, protein 8g, carbs 56g, fat 36g, sat fat 21g, fibre 4g, sugar 39g, salt 0.24g

Fruit-filled dessert

Great way to use up leftover mashed potato

Potato pancakes

MAKES 12-15 • PREP 15 mins • COOK 30 MINS Easy

250g/9oz cold mashed potato, or 2 medium-size floury potatoes, cut into chunks
75g/2½oz plain flour
1 tsp baking powder
2 eggs
125ml/4fl oz milk
1 rounded tbsp finely snipped chives
1 tsp sunflower oil
knob of butter
crispy bacon and scrambled eggs to serve, if you like

1 If you've got potatoes not mash, cook them in boiling water until tender. Drain well and press through a potato ricer or mash. Weigh out 250g and cool.
2 Sieve the flour and baking powder onto cooled mash. Whisk eggs and milk together and add to the potato mix with the chives. Whisk the batter until smooth.
2 Heat a large non-stick frying pan over a medium heat. Add ½ tsp sunflower oil and a dot of butter. When the fat is hot, start to cook the pancakes. Add 1 tbsp of batter for each pancake and cook 4 at a time. Cook for about 1 min until the underside is golden brown and small bubbles appear.
3 Flip the pancakes and cook until golden. Remove from the pan and keep warm while you cook the remaining pancakes in the same way, adding a tiny bit of oil and butter to the pan as and when needed. Serve the pancakes in stacks with creamy scrambled egg and crisp rashers of streaky bacon.
PER SERVING 75 kcals, protein 3g, carbs 9g, fat 3g, sat fat 1g, fibre none, sugar 0.7g, salt 0.20g

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LULU GRIMES Food director

Friday night with friends

Pizza party

Simple pizza base

MAKES 2 large or 4 individual pizzas • PREP 15 mins plus proving • COOK 12-18 mins per batch Easy Dough only
Good for you, low in fat

Prove this overnight or during the day. If the dough looks like it might climb out of the bowl, squash it down. It will be sticky when you roll it out, but with a little kneading on a floured surface it will become smooth and pliable. Cook two large pizzas at a time, swapping oven positions halfway through, or cook individual pizzas in two batches.

600g/1lb 5oz strong white bread flour, plus plenty for rolling
½ tsp dried yeast
2 tbsp olive oil, plus extra for drizzling
semolina, for dusting

1 Put the flour, yeast and 1 tsp salt into a large bowl. Stir in 500ml of slightly warm water and the oil. You should end up with a wettish dough that is rough and lumpy. Scrape down the sides of the bowl, cover with a tea towel and if your kitchen is cool keep it out, but if it's warm put it in the bottom of the fridge. Leave dough to rise for at least 6 hrs or until doubled in size.
2 When ready to cook, bring the dough to room temperature. Heat the oven to 220C/200C fan/gas 7. Dust 2-4 baking sheets with semolina. Dust the work surface with flour, then divide the dough into 2 or 4 pieces. Knead each piece on the floured surface, incorporating enough flour to stop the dough being sticky.
3 Roll each piece into a pizza shape and lift onto baking sheets. Leave to rise for 10 mins while you sort toppings (see ideas, right). Top the bases with your chosen ingredients, drizzle with olive oil, sprinkle with salt and bake following the timings for each topping (18 mins for a large pizza or 12 mins for an individual) or until the crust is crisp and the topping is bubbling.

PER PIZZA BASE 1,192 kcals, protein 37g, carbs 241g, fat 16g, sat fat 2g, fibre 10g, sugar 4g, salt 2.52g

CHOOSE YOUR TOPPING

Artichoke, olive & caper

TOPS 1 large pizza • PREP 10 mins • COOK 18 mins Easy V

Roll out your dough as directed, then spread over **4 tbsp ready-made tomato pizza or pasta sauce**. Scatter over **8 halved cherry tomatoes**, **4 quartered artichoke hearts from a jar**, **8 halved, pitted green olives** and **2 tbsp drained, rinsed capers**. Tear a **125g ball of mozzarella** over the top and bake for 18 mins. Finish with a **handful of shaved Parmesan** and some **torn basil leaves**.

PER ½ PIZZA 868 kcals, protein 37g, carbs 126g, fat 28g, sat fat 12g, fibre 7g, sugar 5g, salt 4.31g

Ricotta, prosciutto & pesto

TOPS 1 large pizza • PREP 10 mins • COOK 18 mins Easy

Soak **½ sliced onion** in cold water for 5 mins, then drain and mix with **6 tbsp ricotta** and some salt and pepper. Spread this onto your pizza base, then dot on **2 tbsp pesto**. Arrange **6 prosciutto slices** on top and bake for 18 mins. Finish with **2 large handfuls of rocket**, some freshly milled black pepper and a **drizzle of extra virgin olive oil**.

PER ½ PIZZA 923 kcals, protein 39g, carbs 125g, fat 33g, sat fat 16g, fibre 6g, sugar 5g, salt 3.70g

Wild mushroom & mascarpone

TOPS 1 large pizza • PREP 5 mins plus soaking • COOK 25 mins Easy V

Soak a **large handful dried wild mushrooms** in boiling water until soft. Meanwhile, mix **6 tbsp mascarpone** with a **crushed garlic clove** and season well.

Heat **2 tsp olive oil** and fry **6 sliced cap mushrooms** until just starting to soften, then add the drained soaked mushrooms and **1 tsp thyme leaves**. Spread the mascarpone mix on the pizza base and top with the mushrooms.

Bake for 12-18 mins, then remove from the oven and sprinkle with **4 tbsp grated Parmesan**. Return to the oven for 1 min and finish with extra thyme leaves.

PER ½ PIZZA 932 kcals, protein 30g, carbs 124g, fat 39g, sat fat 18g, fibre 7g, sugar 5g, salt 1.71g

Spinach, blue cheese & walnut

TOPS 1 large pizza • PREP 10 mins • COOK 12 mins Easy V

Spread **6 tbsp ready-made tomato pasta or pizza sauce** over the pizza base, then sprinkle with **6 tbsp grated Parmesan**. Scatter over **100g baby spinach leaves** and crumble on **75g blue cheese** and **60g walnut pieces**. Bake for 12 mins.

PER ½ PIZZA 1,063 kcals, protein 41g, carbs 125g, fat 48g, sat fat 15g, fibre 7g, sugar 8g, salt 3.52g

PIZZA PARTNERS

• Tomato salad

Thickly slice **4 tomatoes** and arrange on a plate, then top with **1 red onion**, cut into rounds, and a scattering of **chopped basil leaves**. Dress with **olive oil** and seasoning.

• Marinated olives

Toss **Kalamata olives** with **a drizzle of extra virgin olive oil**, **1 sliced garlic clove** and **1 tsp chopped rosemary leaves** and seasoning.

• Mixed salad

Make a simple dressing with **3 tbsp olive oil**, **2 tbsp of your favourite vinegar** and **1 tsp grainy mustard**.

Mix well and toss through **1 bag of mixed salad leaves**. Add some **halved cherry tomatoes** and **chopped cucumber**, if you like.

• Toffee sundae

Top scoops of **vanilla ice cream** with bought **toffee sauce**, **sliced banana** and a **few tbsp chopped hazelnuts**.

Photograph PETER CASSIDY | Food styling SILVANA FRANCO | Styling RACHEL JUKES

Ricotta, prosciutto & pesto pizza

Artichoke, olive & caper pizza

NEW SERIES Batch cooking

Time to get ahead

Save money by cooking in bulk. This month's freezer-friendly, make-ahead meals all use ingredients that can be bought more cheaply in large quantities

Recipes SARAH COOK Photographs WILL HEAP

Food styling LIZZIE HARRIS | Styling LISA HARRISON

Chicken & bacon cacciatore – recipe on p106
Buying a whole chicken is a great-value way to feed the family
£1.62 per portion

Cheeseburgers – recipe on p106
Family favourite – perfect when the kids have friends over
58p per portion

Chicken & bacon cacciatore

SERVES 4-6 • PREP 30 mins • COOK 1 hr 15 mins Easy

2 tbsp olive oil
1 large chicken, roughly 1.8kg-2.2kg, jointed into 8 pieces (see p14)
6 rashers streaky bacon, chopped
2 onions, sliced
2 rosemary sprigs
2 x 400g cans plum tomatoes
2 tbsp red or white wine vinegar
1 tbsp sugar
500ml/18fl oz chicken stock
small bunch parsley, chopped (optional)

1 Heat the oil in a large casserole dish. Brown the chicken, a few pieces at a time, until skin is golden on all sides. As each piece is done, lift out onto a plate. Turn the heat down and add the bacon. Cook gently so some of the fat melts into the pan and keep going until the bacon crisps. Lift out with a slotted spoon and put with the chicken pieces, then add the onions and rosemary to the casserole. Fry for 5-10 mins until the onions have softened, then return the chicken and bacon, along with the tomatoes, vinegar, sugar, stock and seasoning.
2 Bring to a simmer, cover and cook for 40-50 mins until the chicken is tender – check one of the thigh or leg joints as they will take longer to cook. Stir in the parsley, if using, check the seasoning again and serve with mash, pasta or rice if eating straight away. Otherwise, cool and chill for up to 24 hrs.
Or freeze for up to 3 months. Defrost overnight in the fridge, then bring out to room temperature the next day if not fully defrosted. Tip back into a saucepan, bring to a gentle simmer, then cover and gently cook until chicken is piping hot. Don't boil or the chicken may toughen up.
PER SERVING 806 kcals, protein 67g, carbs 51g, fat 54g, sat fat 16g, fibre 3g, sugar 13g, salt 2.00g

Cheeseburgers

MAKES 12 • PREP 15 mins • COOK 20 mins Easy

1kg/2lb 4oz beef mince
300g/11oz breadcrumbs
140g/5oz extra-mature or mature cheddar, grated
4 tbsp Worcestershire sauce
1 small bunch parsley, finely chopped
2 eggs, beaten
TO SERVE
split burger buns, sliced tomatoes, red onion slices, lettuce, tomato sauce, coleslaw, wedges or fries

1 Crumble the mince in a large bowl, then tip in the breadcrumbs, cheese, Worcestershire sauce, parsley and eggs with 1 tsp ground pepper and 1-2 tsp salt. Mix with your hands to combine everything thoroughly.
2 Shape the mix into 12 burgers. Chill until ready to cook for up to 24 hrs.
Or freeze for up to 3 months. Just stack between squares of baking parchment to stop the burgers sticking together, then wrap well. Defrost overnight in the fridge before cooking.
3 To cook the burgers, heat grill to high. Grill burgers for 6-8 mins on each side until cooked through. Meanwhile, warm as many buns as you need in a foil-covered tray below the grilling burgers. Let everyone assemble their own, served with their favourite accompaniments.
PER SERVING 343 kcals, protein 24g, carbs 20g, fat 19g, sat fat 9g, fibre 1g, sugar 1g, salt 1.05g

Lentil ragù

SERVES 6 • PREP 15 mins • COOK 1 hr 15 mins Easy V
Superhealthy Good source of iron and vit C, counts as 4 of 5-a-day, Low fat

3 tbsp olive oil
2 onions, finely chopped
3 carrots, finely chopped
3 celery sticks, finely chopped
3 garlic cloves, crushed
500g bag dried red lentils
2 x 400g cans chopped tomatoes
2 tbsp tomato purée
2 tsp each dried oregano and thyme
3 bay leaves
1 litre/1¾ pints vegetable stock
500g/1lb 2oz spaghetti, plus Parmesan or vegetarian cheese, grated, to serve

1 Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.
2 If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese. Alternatively, cool the sauce and chill for up to 3 days.
Or freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.
PER SERVING 662 kcals, protein 33g, carbs 120g, fat 9g, sat fat 1g, fibre 10g, sugar 14g, salt 1.05g

Also great spooned over jacket potatoes
61p per portion

Oaty apple crumble

SERVES 10 • PREP 25 mins • COOK 1 hr 10-20 mins Easy

1 bag or 6 Bramley apples, peeled, cored and cut into chunks
1 bag or 6 eating apples, peeled, cored and cut into chunks
85g/3oz caster sugar
100g/4oz sultanas or raisins
100g/4oz soft light brown sugar
50g/2oz honey
250g pack butter
300g/11oz oats
300g/11oz plain flour
100g/4oz flaked almonds
1 tsp ground cinnamon

1 Cook the apples with the caster sugar in a large pan, stirring occasionally – add a splash of water if they start to stick on the bottom. When just about tender and a bit saucy, stir in the sultanas or raisins and tip into 2 large ovenproof dishes.
2 Melt the brown sugar, honey and butter together in a large pan. Off the heat, stir in the oats, flour, almonds and cinnamon until sticky and crumbly. Divide over the apples. To bake straight away, heat oven to 180C/160C fan/gas 4 then bake for 40-50 mins until topping is golden and crisp.

To freeze, wrap dishes well or freeze the fruit and crumble mixture in separate freezer bags if you don't have spare baking dishes. To cook from frozen, cover with foil and bake at 180C/160C fan/gas 4 for 1½ hrs, then turn the oven up to 220C/200C fan/gas 8 and bake for a further 45 mins, removing the foil for the last 15 mins.

PER SERVING 646 kcals, protein 11g, carbs 91g, fat 29g, sat fat 14g, fibre 8g, sugar 48g, salt 0.48g

Make two crumbles – enjoy one for Sunday lunch and freeze the other
58p per portion

Dhruv Baker and Anjali Pathak get cooking

Club together

For more than 50 years Patak's has shared its authentic recipes – now you can join its Curry Club for the perfect Indian family feast

Anjali Pathak loves nothing more than cooking a delicious Indian feast for her nearest and dearest. 'Hosting a relaxed get-together, dinner party or even supper club is a great way to keep in touch,' she says.

Family meals are perfect for bringing people together – especially when 82 per cent of you say you need to spend more time with loved ones (according to Patak's Supper Clubbing Report).

As the third generation of the Pathak family business, well-known for its authentic Indian recipes, Anjali has a vast knowledge of how to host great Indian-inspired meals. She's also invited *MasterChef* 2010 winner Dhruv Baker and top wine critic Susy Atkins to join her to form Patak's Taste Panel, so your experience of Indian food can always be perfect.

Even better, you can win Anjali's help in creating the perfect Indian-inspired dinner party at your home – visit *facebook.com/patakscurryclub*. For now, try her Pan-fried duck breast using Patak's paste (below), and serve with Anjali's red cabbage and cumin mashed potato (see *pataks.co.uk* for recipes).

Patak's has also launched an online Curry Club with inspiring Indian recipes where the Taste Panel gives hints and tips. Sign up at *pataks.co.uk*.

Anjali Pathak

WINE CRITIC SUSY ATKINS SAYS...

Juicy, soft Pinot Noir is always a hit with duck, and even more so with these lovely subtle spices. Choose a modern, lively Pinot with rounded, red berry flavours, perhaps from Chile or California.

Try Patak's Rogan Josh Paste in this delicious recipe

Pan-fried duck breast with cloves & cinnamon

SERVES 2 • PREP 10 mins • COOK 30 mins

Easy

300ml chicken stock
1½ tbsp Patak's Rogan Josh Paste
2 duck breasts, skin only scored in a criss-cross pattern
1 tbsp butter

1 In a pan, simmer the chicken stock with the Patak's Rogan Josh Paste until reduced to two-thirds.
2 Season the duck breasts with salt.
3 Heat a frying pan on high until it smokes. Place the duck breasts skin side down in the pan and do not move for a few minutes. Remove any fat that has rendered out of the breasts, then carry on cooking the duck breasts skin-side down for 8-9 mins. Keep removing the fat as it collects.
4 Reduce the heat to medium and turn the duck over so it is skin-side up. The skin should be crispy and dark, golden brown.
5 Add the butter and 3-4 tbsp of the reduced Rogan Josh gravy. Keep spooning it over the duck and cook for 6-7 mins.
6 Remove from the heat and allow to rest for a few mins.
7 To serve, slice the duck and serve with the remaining juices from the pan with extra gravy on the side.

The perfect ingredient

Patak's authentic paste range provides the perfect secret ingredient for a fantastic Indian-inspired family meal.

Each paste is created using a blend of specially selected herbs and authentic spices preserved in oil (based on top-secret recipes passed down through the Pathak family) – it's the next best thing to grinding your own spices.

The pastes are great for making authentic-tasting curries, as well as infusing a variety of recipes with wonderful Indian flavours. Available in supermarkets nationwide – discover your favourite one now.

PATAK'S Original — Why Britain Loves Curry

WIN ANJALI PATHAK'S HELP IN CREATING AN INDIAN-INSPIRED DINNER: VISIT *FACEBOOK.COM/PATAKSCURRYCLUB*

PHOTOGRAPHS NOEL MURPHY | FOOD STYLING LIZZIE HARRIS | STYLING WEI TANG | ART DIRECTION DOMINIC ALLEN

Smart menu minus the stress

When you're entertaining, you want to spend time with your guests, not stuck in the kitchen. With my menu, the starter and dessert can be made in advance while the main course is cooked quickly. A perfect recipe for a relaxed evening
STEPHEN TERRY, restaurateur and BBC chef

Dinner for six

- **Leek vinaigrette with Carmarthen ham**
- **Pan-fried salmon with watercress, polenta croutons & capers**
- **New potatoes with cornichons & cream**
- **Lemon meringue pie with limoncello**

SIMPLE NIBBLES

In most good restaurants you'll get a little something to graze on while you browse the menu. When I entertain at home, I always serve good olives, nice bread and top-quality olive oil for dipping, so my friends can chat while I get on with the starters

I'm very proud of the local, seasonal produce on the menu at my restaurant in Wales. I like to serve it with the minimum of fuss so that it keeps its maximum natural flavour

Easy-to-assemble starter

Leek and mustard vinaigrette with Carmarthen ham

SERVES 6 • PREP 15 mins • COOK 10 mins Easy

I have this on my menu to showcase two of the best Welsh products – Carmarthen ham and Perl Wen cheese. They're not available to everyone, so I've given alternatives.

3 large leeks
3 tbsp good-quality extra virgin olive oil
2 tbsp grain mustard
small bunch chives, finely chopped
18 slices of Carmarthen ham or any good quality air-dried ham
1 Perl Wen (see tip) or 2 balls buffalo mozzarella, drained and each cut into 6 wedges
toasted sourdough bread, to serve, optional

1 Cut leeks in half lengthways, wash thoroughly, then thinly slice. Heat olive oil in a non-stick pan and add the leeks. Cook quickly over a med-high heat, stirring regularly until the leeks are tender with a little bite and still vibrant in colour, about 5-10 mins.
2 Remove from the pan and allow to cool to room temperature. Fold in the grain mustard (1 tbsp at a time, to your taste) and chopped chives, and season with a little sea salt. *The leeks can be made up to 3 hours ahead and left, covered, at room temperature.*
3 Serve the leek vinaigrette in a small heap on each plate. Then add the ham and 1-2 wedges of cheese. Serve with toasted sourdough bread, if you like.

PER SERVING 285 kcals, protein 25g, carbs 3g, fat 19g, sat fat 8g, fibre 2g, sugar 3g, salt 2.26g

WANT TO GET AHEAD?

• The leeks can be cooked and dressed a few hours ahead and the cheese can be portioned.
• The potatoes can be cooked and the sauce made, ready to be reheated together.
• The pastry for the pie can be made two days ahead and the case can be rolled out and baked the day before. The meringue can be made the day before and the lemon base to the pie can be baked in the morning.

TIP

In my restaurant, I serve this dish with a delicious Welsh cow's milk cheese called Perl Wen. If you find it, you will only need a small one cut into six wedges for this recipe.

Pan-fried salmon with watercress, polenta croutons & capers

SERVES 6 • PREP 10 mins • COOK 20 mins Easy **Superhealthy**

Good source of omega-3s, Heart healthy

Salmon and watercress are a natural partnership.

250g/9oz cooked polenta, either bought ready-made or made from the grain (follow pack instructions and allow it to cool and set on a tray)
50g/2oz plain flour
3 tbsp olive oil
6 boneless, skinless salmon fillets approx 140g/5oz each
200g/7oz watercress, washed and thick stalks removed
2 tbsp capers in brine, drained
squeeze lemon juice

1 Cut the polenta into approximately 1.5cm cubes, toss in flour and fry in a little oil until slightly coloured. Keep warm.
2 Heat oven to 190C/170C fan/gas 5. Heat the remaining oil in a non-stick pan and fry the salmon portions for 1 min on each side until lightly golden, then transfer to a non-stick baking tray and cook in the oven for 8-10 mins. Test the fish to see if it is cooked by pushing a cocktail stick into the top of it. If the fish offers resistance, then it is not fully cooked and will need further cooking. When cooked, remove from the oven and set to one side.
3 Dress the watercress with a little olive oil and a few drops of lemon juice. Scatter the polenta croutons and capers over each salmon fillet and serve with the watercress.

PER SERVING 367 kcals, protein 31g, carbs 13g, fat 22g, sat fat 4g, fibre 2g, sugar 1g, salt 0.66g

WHAT TO DRINK

Start the evening with Prosecco: Italia 'Collezione' Brut NV, Italy, 11.5%, £10.99, is refreshingly light and dry. With the salmon, continue the Italian theme with Gavi 2009, 12%, Piedmont's elegant white, £5.99.

Serve both of these wines from the fridge, but, if you are having Limoncello with the Lemon meringue pie, serve it straight from the freezer: Santa Marta, 25%, £12.29/50cl, all Waitrose.

Looks top-notch and tastes fabulous

New potatoes with cornichons & cream

SERVES 6 • PREP 5 mins • COOK 25 mins Easy

This rich side dish adds a contrast to the light salmon. The creamy sauce with the chopped cornichons has an element of tartar sauce about it that goes very well with fish.

500g/1lb 2oz new potatoes
500ml/18fl oz chicken stock
200ml/7fl oz double cream
2 tbsp cornichons, sliced
small handful parsley, finely chopped

1 Cook the potatoes in boiling salted water until tender. Drain and allow to cool on a tray (not under running water.) When cool enough to handle, cut in half or quarters, depending on size.
2 In a saucepan, reduce the chicken stock by two-thirds. Pour in the double cream and reduce by half. Add the cornichons, parsley and some salt if needed, then add the potatoes. Coat the potatoes in the sauce and serve in a bowl.

PER SERVING 235 kcals, protein 5g, carbs 14g, fat 18g, sat fat 10g, fibre 1g, sugar 2g, salt 0.31g

Lemon meringue pie

SERVES 8 • PREP 30 mins plus chilling • COOK 1 hr 40 mins For the confident cook

The inspiration behind this dish is my mum, who served it for pud every weekend. Mum made her own pastry, but it's fine to buy a decent-quality cooked sweet pastry case if you don't fancy making your own.

You will need to use a sugar thermometer for this recipe. You could make regular meringue instead, but it doesn't deliver the same texture and finish as the Italian version I've made here.

I think a shot of ice-cold limoncello is the perfect partner to this pie, but it's totally optional.

FOR THE PASTRY
140g/5oz unsalted butter
100g/4oz icing sugar
2 large egg yolks, beaten
1 vanilla pod, seeds scraped out
zest 1 lemon
2 tbsp cold milk
250g/9oz plain flour
FOR THE LEMON FILLING
6 eggs
140g/5oz caster sugar
4 unwaxed lemons, zest and juice
175ml/6fl oz double cream
FOR THE MERINGUE
300g/11oz caster sugar
25g/1oz liquid glucose
4 egg whites
limoncello, ice cold, to serve, optional

1 First make the pastry. Either by hand or using a food mixer with a beater attachment, cream the butter, icing sugar, egg yolks, vanilla and lemon zest together. Add the milk and combine well. Tip in the flour and a pinch of salt, then rub or beat to form a dough. Shape into a thick disc and chill for at least 30 mins or overnight.
2 Meanwhile, make the lemon filling. Beat the eggs and sugar together then add the zest and juice and stir in the double cream. Cover and put to one side.
3 Heat oven to 180C/160C fan/gas 4. Roll pastry out to a little thicker than a £1 coin and line a 23cm tart tin. Leave the excess pastry around the edges as this can be cut off when the tart has been cooked. Line the tart case with greaseproof paper, fill with baking beans and bake for 20 mins. Remove the baking beans and reduce the heat to 160C/140C fan/gas 3 and cook for another 20 mins. Remove from the oven and allow to cool. Trim off the excess pastry from the edge of the tart using a serrated knife.
4 Pour the lemon mix into the tart case. This may be easier with the tart case sitting in an open oven as so not to have to move it when full of mixture. Turn the oven to 140C/120C fan/gas 1 and cook for 30-35 mins until set with a slight wobble in the centre. Remove and cool to room temperature.
5 For the meringue, put the sugar, 65ml of water and the glucose in a heavy bottomed pan on a medium heat and stir to dissolve the sugar. Once it is dissolved, bring to the boil and use a sugar thermometer to keep an eye on the temperature.
6 Using a pastry brush dipped into cold water, brush down the inside of the pan just above the level of the sugar syrup, this will stop the sugar crystallising. Place the egg whites into a food mixer with a whisk attachment and when the syrup temp reaches 110C, turn on the mixer and whisk the whites
7 When the temperature reaches 118C (soft ball – this will be marked on the sugar thermometer), steadily pour the sugar syrup in a thin stream into the now stiff egg whites and continue whisking for 20 mins until completely cold. Transfer into a piping bag with a medium-size star nozzle. *As it is cooked, this meringue can be made in advance. You can even make it the day before.*
8 You can pipe the meringue onto the tart as a whole or in individual portions, then glaze with a blowtorch. It can be easier and neater to cut the slices before piping with meringue. They can still be served in tart formation on a serving dish, with an ice-cold glass of limoncello, if you like.

PER SERVING 718 kcals, protein 12g, carbs 99g, fat 33g, sat fat 18g, fibre 1g, sugar 74g, salt 0.31g

Stephen Terry is chef-proprietor of the award-winning pub-restaurant The Hardwick, in Monmouthshire, Wales. Stephen started his career with Marco Pierre White, achieved a Michelin star at The Walnut Tree in Abergavenny and was one of the winning chefs in the 2008 series of BBC Two's *Great British Menu*

Photographs DAVID MUNNS | Styling EMMA JANE FROST | Food styling TONY HUTCHINSON | Wine notes SARAH JANE EVANS MW

New way with
a classic dessert

Just the two of you? Try cooking with a different cut of meat and enjoy a meal together at a fraction of the cost of going out

LUCY NETHERTON Cookery assistant

Chic yet cheap

Supper for two

WHY NOT START WITH A COCKTAIL?

Frozen lychee & mint cocktails

MAKES 4 • PREP 10 mins • NO COOK

Easy

This recipe makes enough for two each. You can replace the vodka with lychee juice for a non-alcoholic version. Serve with prawn crackers and a dipping sauce.

Take a **400g can of lychees** and drain the syrup into a blender. Add 4 of the lychees, **a small bunch of mint leaves**, **100ml vodka** and **juice 2 limes**. Add **2 handfuls ice** and blend until slushy.

Serve in glasses garnished with **a mint sprig** and **a lychee**.

PER SERVING 98 kcals, protein none, carbs 11g, fat none, sat fat none, fibre none, sugar 11g, salt none

Crispy Mongolian lamb

SERVES 2 • PREP 10 mins • COOK 3 hrs plus cooling

Easy Cooked lamb only

1 breast of lamb, about 750g
thumb-size piece ginger
2 garlic cloves, crushed
6 tbsp dark soy sauce
1 tbsp Chinese five-spice
150ml/¼pt Shaohsing rice wine
2 tbsp soft light brown sugar
TO SERVE
1 round lettuce, leaves separated
3 spring onions, cut into finger-length pieces then shredded
¼ cucumber, cut into matchsticks

1 Heat oven to 180C/160C fan/gas 4. Put the lamb in a casserole dish with a lid. Add remaining ingredients plus enough water to just cover. Cook with the lid on for 3 hrs until the meat is tender and the bones pull out easily. Allow to cool still covered in the cooking liquid with the lid on. *You can do this 1-2 days in advance and let the lamb cool completely in the fridge. This will make the next step easier.*

2 When cold, lift the lamb out of the liquid and transfer to a baking tray. Skim fat from the sauce. Reserve half the sauce for the noodles (see recipe, right) and bubble the rest, still in the pan, until thick and syrupy. Pour into a small serving bowl. Heat grill to medium and grill lamb until crisp and hot through, but not too dark.

3 Shred the lamb, discarding most of the fat and all the bones, but keep the nice, crisp skin. I like to cut the skin off first and leave it in a hot oven while I shred the rest of the meat. To serve, take everything to the table and eat the lamb rolled up in the lettuce leaves with the cucumber, spring onions and sauce, plus the noodles on the side.

PER SERVING 643 kcals, protein 54g, carbs 21g, fat 36g, sat fat 18g, fibre none, sugar 20g, salt 5.3g

Stir-fried noodles

SERVES 2 • PREP 5 mins • COOK 10 mins Easy V

Cook **2 blocks medium egg noodles** following pack instructions, then drain.

Heat **1 tbsp sunflower oil** in a wok or frying pan and throw in a **handful beansprouts** and **1 sliced red chilli**. Cook for 1 min then add a ladleful of the reserved cooking liquid from the lamb.

Add the noodles to the pan with **2 sliced spring onions**, tossing well to combine. Stir-fry for 1-2 mins on a high heat until all the noodles are coated in the sauce.

PER SERVING 499 kcals, protein 16g, carbs 94g, fat 8g, sat fat 1g, fibre 4g, sugar 8g, salt 3.05g

CHOOSING YOUR MEAT

- Lamb breast is great value and has a good flavour. It does take a bit of work to shred the meat in this recipe, but it's worth the effort. Ask for it at your butchers or local farmers' market, and they'll be happy to help.
- Braise the meat the day before if you want to get ahead.
- If you can't find lamb breast, swap it for a 500g piece of pork belly and use as directed in the recipe.

Next month, Jason Atherton, BBC Two *Great British Menu* chef, cooks beef

Photographs WILL HEAP | Food styling LUCY NETHERTON | Styling LISA HARRISON

Made for sharing

MON£Y WISE

John does Sunday lunch

Enjoy a traditional lunch with a money-saving twist – John Torode's easy meal is just £2.57 per person Photographs GARETH MORGANS

I have fond memories of this recipe because as a kid we couldn't afford beef fillet to make a Wellington, but my nana would do this little number instead. It's really a meatloaf in puff pastry – I hope you like it as much as I still do

Minced beef Wellington

SERVES 8 • PREP 20 mins • COOK 1 hr 20 mins Moderately easy

1kg/2lb 4oz minced beef
100g/4oz tomato ketchup
4 eggs
3 onions, finely chopped
3 garlic cloves, finely chopped
small handful sage, chopped
handful parsley, chopped
25g/1oz butter
200g/7oz mushrooms, finely chopped
500g pack puff pastry
Caramelised shallots, Roasted carrots Creamy mash, (see right for recipes), to serve

1 Mix the beef with the ketchup, 3 eggs, seasoning and 100ml water in a table-top mixer for 5 mins – or squeeze and squelch with your hands in a bowl. Mix in the onions, half the garlic and herbs.
2 Heat oven to 200C/180C fan/gas 6. Press the meat into a sausage shape about 30cm x 10cm on a baking tray. Cook for 20 mins then remove and leave to cool.
3 Heat the butter in a frying pan over a high heat, add the mushrooms and cook for 3 mins. Add remaining garlic and cook for a further 2 mins, pouring off the excess water from the mushrooms.
4 Roll pastry into a rectangle large enough to wrap up the beef. Beat remaining egg with a little water and brush over pastry.
5 Spread the mushroom mix into a meatloaf-size strip along the middle of the pastry. Sit the meat on top then cut pastry either side into strips from the meat outwards. Criss-cross these over the meat to enclose and tuck under ends. Brush with more egg, then place on a tray and cook for 40 mins, covering after 30 mins if going too brown.

PER SERVING 640 kcals, protein 33g, carbs 27g, fat 45g, sat fat 20g, fibre 2g, sugar 7g, salt 1.42g

Caramelised shallots

SERVES 8 • PREP 10 mins • COOK 30 mins Easy Good for you

3 tbsp vegetable oil
600g/1lb 5oz shallots, peeled but left whole
25g/1oz butter
2 bay leaves
thyme sprig
500ml/18fl oz beef or veal stock

1 Heat oil in a large frying pan and cook shallots over a high heat for 5 mins. When they are golden, drain off and throw away the oil. Add the butter, bay and thyme and toss with seasoning. Cook for 5-8 mins, stirring so that the butter doesn't burn.
2 Pour over the stock and cook until the shallots are tender and the sauce is reduced and sticky.

PER SERVING 81 kcals, protein 2g, carbs 3g, fat 7g, sat fat 2g, fibre 1g, sugar 3g, salt 0.22g

Roasted carrots

SERVES 8 • PREP 10 mins • COOK 45 mins Easy **Superhealthy**
Good source of beta-carotene, counts as 1 of 5-a-day

2kg/4lb 8oz carrots, halved or quartered lengthways
4 tbsp olive oil
4 tbsp honey
2 tbsp red wine or cider vinegar

1 Heat oven to 200C/180C fan/gas 6. Bring a large pan of water to the boil. Add the carrots, bring back up to the boil and cook for 5 mins. Drain and leave in a colander to steam dry for a few mins, and then toss in a large roasting tin with the oil, honey, vinegar and seasoning.
2 Roast the carrots for 30-40 mins while the beef cooks.

PER SERVING 158 kcals, protein 2g, carbs 26g, fat 6g, sat fat 1g, fibre 6g, sugar 24g, salt 0.16g

Creamy mash

SERVES 8 • PREP 10 mins • COOK 15 mins Easy

Boil **2kg chunked potatoes** for 10 mins until cooked then drain and leave to steam dry.

While still piping hot mash with **100g butter**, **100ml full-fat milk** and season to taste. Serve with a **touch more butter** melting over the top.

WHAT TO DRINK

Pick a bright red to pair the hearty flavours of the beef: Casa Lella Nero d'Avola 2009, 13.5%, £4.98, is a dark, dense Sicilian red.

A sweet wine, meanwhile, is a low-priced way to add glamour: a bargain buy is Moscatel de Valencia NV, 15%, £3.58. Serve it from the fridge to contrast with the warming pud. Both wines from Asda.

Food styling ARABELLA McNIE | Styling LIZZIE HARRIS | Wine notes SARAH JANE EVANS MW

Golden syrup dumplings are an Australian speciality

Golden syrup dumplings

SERVES 8 • PREP 15 mins • COOK 15 mins Easy

200g/7oz butter
225g/8oz soft brown sugar
100g/4oz golden syrup, plus 2 tbsp
400ml/14fl oz milk
500g/1lb 2oz self-raising flour

1 In a large, wide pan pour in 450ml water, half the butter, sugar and golden syrup and bring to the boil. Turn it down immediately so it is just simmering.
2 Warm the milk just a little. Meanwhile, in a food processor pulse the flour and the rest of the butter until it resembles breadcrumbs. Add 2 tbsp golden syrup and the warmed milk and whizz until it comes together.
3 Bring the liquid back to the boil and drop in dessertspoon-size pieces of the dough, turn the heat down to a simmer again and gently cook for 10 mins, turning gently a few times. You may need to do it in two batches so they don't all stick together – just scoop out the first lot with a little of the syrup into a baking dish, cover with foil and keep warm in a low oven while you finish the rest.
PER SERVING 560 kcals, protein 8g, carbs 88g, fat 22g, sat fat 14g, fibre 2g, sugar 42g, salt 1.04g

Vanilla custard

SERVES 8 • PREP 10 mins • COOK 15 mins Easy

1 litre/1¾ pints milk
8 egg yolks
140g/5oz vanilla sugar
3 tbsp cornflour
3 tbsp plain flour

1 Heat the milk in the saucepan until it comes just up to the boil, then take off the heat immediately. In a bowl, beat together the egg yolks, vanilla sugar and flours. Pour the milk slowly over the egg mix, beating well.
2 Return the mixture to the pan and place over a low heat, stirring for 8-10 mins until the mixture begins to thicken. Remove and serve with the dumplings.
PER SERVING 228 kcals, protein 8g, carbs 31g, fat 9g, sat fat 3g, fibre none, sugar 24g, salt 0.17g

TASTE TEAM COMMENT

'We love puddings and golden syrup, and these were quick and easy to make. We'd seen a similar dessert in the Czech Republic and have always wanted to make them since, so we really enjoyed these.' LAURA & SIMON

• Catch John on the new series of BBC One's *MasterChef*, which has a brand new look. Turn to p132 for more details

Delicious crab linguine

Barney's restaurant classics

Food editor **Barney Desmazery** shares chefs' secrets to show you how to make impressive restaurant-style dishes at home

Crab linguine with chilli & parsley

SERVES 4 • PREP depends on the crab • COOK 15 mins Moderately easy

Superhealthy Heart healthy, good source of omega-3s

Although it is often seen as the cheaper option to lobster, crab actually has a sweeter flavour. It is better suited to dishes like this when you want it distributed through the pasta so you get some meat with every mouthful.

400g/14oz linguine (see tip)
4 tbsp extra virgin olive oil
1 red chilli, deseeded and chopped
2 garlic cloves, finely chopped
1 whole cooked crab, picked (see restaurant tips), or about 100g/4oz brown crabmeat and 200g/7oz fresh white crabmeat
small splash, about 5 tbsp, white wine
small squeeze of lemon (optional)
large handful flat-leaf parsley leaves, very finely chopped

1 Bring a large pan of salted water to the boil and add the linguine. Give it a good stir and boil for 1 min less than the pack says. Stir well occasionally so it doesn't stick.

2 While the pasta cooks, gently heat 3 tbsp of olive oil with the chilli and garlic in a pan large enough to hold all the pasta comfortably. Cook the chilli and garlic very gently until they start to sizzle, then turn up the heat and add the white wine. Simmer everything until the wine and olive oil come together. Then take off the heat and add the brown crabmeat, using a wooden spatula or spoon to mash it into the olive oil to make a thick sauce (A).

A

B

3 When the pasta has had its cooking time, taste a strand – it should have a very slight bite. When it's ready, turn off the heat. Place the sauce on a very low heat and use a pair of kitchen tongs to lift the pasta from the water into the sauce.

4 Off the heat, add the white crabmeat and parsley to the pasta with a sprinkling of sea salt. Stir everything together really well (B), adding a drop of pasta water if it's starting to get claggy. Taste for seasoning and, if it needs a slight lift, add a small squeeze of lemon. Serve immediately twirled into pasta bowls and drizzled with the remaining oil.

PER SERVING 546 kcals, protein 27g, carbs 74g, fat 17g, sat fat 2g, fibre 3g, sugar 4g, salt 1.06g

WINE NOTES A fine Italian Soave is the classic choice with Crab linguine. Top producer is Pieropan, whose Soave Classico 2009, 12%, starts from £11 at good independents such as the Halifax Wine Co, Lea & Sandeman and Noel Young.

RESTAURANT TIPS

• This dish relies on the best ingredients, so use good-quality Italian pasta, such as De Cecco, and extra virgin olive oil.

• For the sweetest flavour, use freshly picked crabmeat (not pasteurised from a tub or tin as the meat will have lost its freshness). You can buy freshly picked meat from good fishmongers and some supermarket fish counters. To find a supplier near you, visit *seafoodandeatit.co.uk*, which supplies freshly picked meat all over the UK.

• Cooking a crab or buying a cooked crab and picking your own meat is a good option, plus you'll have all the shells to make a lovely stock or soup. If you pick your own, one crab will give you plenty of meat for this dish.

TIP Authentically, pasta is cooked in highly-salted water, so it absorbs the seasoning evenly as it cooks. Add 1 tsp of salt to a large pan – it may seem like a lot, but you won't use most of the water.

• Next month, Barney shows you how to make a rustic Country terrine

Photographs DAVID LOFTUS | Food styling LIZZIE HARRIS | Styling JO HARRIS | Wine notes SARAH JANE EVANS MW

It's no wonder you see crab and linguine on so many menus – it's a quick dish to put together, but a heavenly combination. Dishes like this rely heavily on quality ingredients, timing and a balance of flavours, and show that the cook has the confidence to serve something that hasn't been fussed with

Smart food for friends

Cooking for pleasure

Sarah Cook's traditional Battenberg cake is a delicious project for an afternoon in the kitchen – and there's no need for specialist tins

Bake a classic

Battenberg cake

MAKES 2 cakes, each cuts into 10 slices • PREP 2 hrs • COOK 1 hr

Easy

FOR ALMOND SPONGE
175g/6oz very soft butter
175g/6oz golden caster sugar
140g/5oz self-raising flour
50g/2oz ground almonds
½ tsp baking powder
3 medium eggs
½ tsp vanilla extract
¼ tsp almond extract

FOR PINK SPONGE
1 x ingredients for almond sponge, pink food colouring – we used ½ tsp Squires rose food paste (see tip)

TO ASSEMBLE
200g/7oz apricot jam
2 x 500g blocks white marzipan
little icing sugar, for dusting

1 Heat oven to 180C/160C fan/gas 4 and line the base and sides of a 20cm square tin with baking parchment (the easiest way is to cross 2 x 20cm-long strips over the base). To make the almond sponge, put the butter, sugar, flour, ground almonds, baking powder, eggs, vanilla and almond extract in a large bowl. Beat with an electric whisk until the mix comes together smoothly. Scrape into the tin, spreading to the corners, and bake for 25-30 mins – when you poke in a skewer, it should come out clean. Cool in the tin for 10 mins, then transfer to a wire rack to finish cooling while you make the second sponge.

2 For the pink sponge, line the tin as above. Mix all the ingredients together as above, but don't add the almond extract. Fold in some pink food colouring. Then scrape it all into the tin and bake as before. Cool.

3 To assemble, heat the jam in a small pan until runny, then sieve. Barely trim two opposite edges from the almond sponge, then well trim a third edge. Roughly measure the height of the sponge, then cutting from the well-trimmed edge, use a ruler to help you cut 4 slices each the same width as the sponge height (A). Discard or nibble leftover sponge. Repeat with pink cake.

4 Take 2 x almond slices and 2 x pink slices and trim so they are all the same length. Roll out one marzipan block on a surface lightly dusted with icing sugar to just over 20cm wide, then keep rolling lengthways until the marzipan is roughly 0.5cm thick. Brush with apricot jam, then lay a pink and an almond slice side by side at one end of the marzipan, brushing jam in between to stick sponges, and leaving 4cm clear marzipan at the end. Brush more jam on top of the sponges (B), then sandwich remaining 2 slices on top, alternating colours to give a checker-board effect. Trim the marzipan to the length of the cakes.

5 Carefully lift up the marzipan and smooth over the cake with your hands, but leave a small marzipan fold along the bottom edge before you stick it to the first side. Trim opposite side to match size of fold (C), then crimp edges using fingers and thumb (or, more simply, press with prongs of fork). If you like, mark the 10 slices using the prongs of a fork (D).

6 Assemble second Battenberg and keep in an airtight box or well wrapped in cling film for up to 3 days. *Can be frozen for up to a month.*

PER SERVING 524 kcals, protein 7g, carbs 71g, fat 25g, sat fat 10g, fibre 2g, sugar 61g, salt 0.50g

TIP

If you want to use a natural liquid food colouring, remember that it fades dramatically when cooked. Using 1½ tbsp of Asda's natural pink colouring gave a beige, plum colour, which is why we've used rose food paste instead, from *squires-shop.com*.

BAKE IT DIFFERENT

St Clements
Swap almond extract for **zest of 2 lemons** and **1 tbsp lemon juice** in first sponge. Swap pink colouring for **zest 1 orange** and **1 tbsp orange juice** in second sponge (add orange food colouring if you like). Assemble with lemon curd.

WHAT'S IN A NAME?

This cake is believed to have been created for the wedding in 1884 of Princess Victoria, granddaughter of Queen Victoria, to the German Prince Louis of Battenberg. The squares are said to represent Louis and his three brothers.

Photographs WILL HEAP | Food styling SARAH COOK | Styling LISA HARRISON | Cake history GERARD BAKER

This pretty cake is surprisingly easy to make and tastes so much better than shop-bought. Simply follow my step-by-step instructions, put on the kettle and enjoy a slice

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My top 10 bargains

Save money without compromising on taste – **Sarah Jane Evans** recommends wines for under £5

MON£Y WISE

FIVE FABULOUS WHITES

Mas Miralda Cava Brut, Catalunya, Spain, 11.5%, £4.12, Asda
Just because you're counting the pennies, there's no need to deny yourself any fizz. Asda's basic Cava is great value, with a lively sparkle and youthful melon and citrus fruit.

Fairtrade Cape Chenin-Colombard 2010, South Africa, 12%, £4.99, Co-operative
Fairtrade Fortnight starts on 28 February, and the Co-op has an impressive range. This Chenin blend has a simple, clean freshness. The Co-op's crisp, lemon meringue-like Fairtrade Cape Sparkling, £8.49, is a bit pricier, but worth trying.

South African Chenin Blanc 2010, Breede River Valley, 12.5%, £3.42, Asda
Chenin has a long tradition with South Africa. It's not hard to see its appeal when it produces easy-going whites, such as this with a citrus lift and a creamy touch of oatmeal. The Extra Special Chenin from the same producer is a cut above and also an excellent buy at £5.98.

Verdicchio Classico 2009, Marche, Italy, 12.5%, £4.49, Tesco
There's more to value whites from Italy than Soave and Orvieto. Verdicchio, from the Marche region, is winning many friends for its delicate floral appeal with a note of bitter almonds.

Cuvée de Richard: Blanc 2009, PGI Comté Tolosan, France, 11.5% and Red 2009, PGI Pays de l'Hérault, France 12%, both £4.49, Majestic
This bright, fresh French pair make an ideal budget choice for a party, especially since Majestic is super-efficient with delivery and glass hire.

What's the real price?

Did you know that if you spend £5 on a bottle of wine in the UK, more than 50% of the retail price is tax?

If you've got an iPhone, you can find out just how much you're paying with the UK Wine Tax Calculator App. Just key in the bottle price and alcohol content of the wine.

This free App from *appetise.co.uk* is a great way to discover which prices give the best value, in terms of the wine.

FIVE ROBUST REDS

Fairtrade Argentine Bonarda-Shiraz 2010, Famatina Valley, 12.5%, £4.49, Co-operative
This crunchy, rustic blend has appealing mocha undertones, made for spicy sausages. I've visited the isolated valley where it is made and seen the real benefit that Fairtrade support brings. There's a water tower for the village and now a school, which will accommodate 300 students.

Claret 2009, Bordeaux, France, 13%, £4.69, Morrisons
In Morrisons' range of classic wines for around a fiver there are some great budget choices, particularly the Soave, Italian Merlot, Beaujolais, and Claret (below). The Claret has Sunday lunch appeal with its light, plummy fruit, and a hint of smokiness at the end.

Marques del Norte Rioja 2009, Spain, 13.5%, £4.06, Asda
This Marques from Rioja is still a teenager, designed to be enjoyed with lamb chops and lamb burgers. The cherry fruit gives way to a dark and savoury finish.

Chianti 2009, Italy, £4.99, 12.5%, Morrisons
There's pizza written all over this wine style – along with meatballs and, inevitably, Spaghetti Bolognese. It's a real midweek red – light and juicy, with a note of Italian mocha.

The Whale Caller: Shiraz/Cabernet Sauvignon 2010, 13.5%, Western Cape, South Africa, £4.07, Waitrose
Packed with juicy, dark stone fruit and a dash of creamy oak, this is less hefty than many South African reds, and is one of Waitrose's bargains.

WINE RELIEF

For Red Nose Day on 18 March, the drinks industry is supporting the charity with its Wine Relief campaign, which has raised £3.8 million so far. Look out for the special label on bottles – 10% of the retail price goes to Comic Relief.

Among Majestic's offerings are the creamy, elegant Pinot Gris 2008/9, Cave de Turckheim, Alsace, France, £8.99, and a classic Beaujolais, Morgon 2009, Château de Pizay, France, £8.99 – lovely with the Easter lamb.

At M&S, the selection includes the appley Cape Quarter Chenin Blanc, South Africa, £5.49, and the complex, apricot and mineral Sterhuis Sauvignon Blanc, South Africa, £9.99.

Photographs ADRIAN TAYLOR | SARAH JANE EVANS is a Master of Wine
Prices correct at time of going to press

30 BEST BUDGET BUYS

All the main supermarkets now stock economy lines, but are you economising on taste and quality if you pick them? Our team tested more than 70 items to help you save money

MARKS & SPENCER

- **THE RANGE** Wise Buys
- **NUMBER OF LINES** 600
- **WHAT YOU GET** Items picked for their fair prices to shoppers and producers, such as free-range pork. More expensive and with more attractive packaging than other brands.

Wise Buys Baked beans, 420g, 49p
Good ratio of firm beans to sweet-spiced tomato sauce. Heated well without turning to mush. It would be hard to tell the difference between these and leading brands.

Wise Buys Tomato ketchup, 515g, 85p
Thick and tangy, with the aroma of real roasted tomatoes, this had a lovely fruitiness that complemented the spice. Good for making a quick seafood sauce (just add mayonnaise).

Wise Buys Farm assured back bacon, 8 rashers, £2.49
We loved this hearty rasher for its rich meaty flavour and decent thickness of fat that melted down well. It crisped up and was good for quiches and casseroles.

Marks & Spencer: 0845 609 0200, *marksandspencer.com*

MORRISONS

- **THE RANGE** Value
- **NUMBER OF LINES** Nearly 500
- **WHAT YOU GET** Range of everyday basics in plain packaging.

Value Basmati rice, 1kg, 73p
No-fuss rice. Creamy grains, which separated and fluffed up well. Even when cold these didn't become sticky and the rice had a delicious nuttiness.

Value Red kidney beans in water, 410g (240g drained weight), 19p
The beans were even in size and retained their bite and texture once heated in a chilli. We like how they were canned in just water – other brands included sugar, which affected taste and texture.

GoodFood BEST BUY!

Morrisons: 0845 611 6111, *morrisons.co.uk*

TESCO

- **THE RANGE** Value • **NUMBER OF LINES** More than 500
- **WHAT YOU GET** Fruit and veg tends to be misshapen and meat joints are smaller, but there's a vast range to suit all tastes.

Tesco Value Digestive biscuits, 400g, 23p
Semi-sweet plain biscuits with wheat flour for the distinctive taste and texture. Our pack had no breakages. Great with a cuppa, and equally good as a base for a cheesecake.

Tesco Market Value Aubergines, approx pack of 3, £1.80
Working out at around half the price of the standard line, these were a great buy – fresh, firm and glossy – with bright green stalks and a decent weight. The three in our pack were all different sizes, but this wasn't an issue once they were sliced for an aubergine bake.

Tesco Value Pitted green olives, 200g, 69p
Slightly small, but you get plenty in a can and they were firm and juicy with a desirable salty tang. They even kept their flavour when baked in bread.

Tesco Value Smoked salmon slices, 200g, £2.78
Unlike other ranges, these were whole slices and not trimmings. The salmon had a mellow flavour with lovely ripples of fat within the thick slices and a really great balance of smokiness to salt.

Tesco: 0845 722 5533, *tesco.com*

SAINSBURY'S

- **THE RANGE** Basics
- **NUMBER OF LINES** More than 400
- **WHAT YOU GET** Minimal packaging with honest descriptions; flour is described as 'a little less refined' and fruit 'all shapes and sizes'.

Basics Blue cheese, approx £1.29 per 200g
Creamy Stilton-style cheese that had plenty of acidic blue running through it. The texture is rather crumbly and it melted well, making it an ideal choice for soups.

Basics Sweetened soya drink, 1 litre, 59p
A blend of water, soya beans and added vitamins. This lightly sweetened soya milk wasn't too watery and had a slight vanilla flavour with no 'beany' aftertaste.

Basics Bananas, pack of 8, £1.05
Delicious, generous-size bananas. These had an even colour with no bruising, although we thought they could do with a little extra ripening for added sweetness. Fairtrade certified.

GoodFood BEST BUY!

Basics Trout fillets, approx 260g per pack, £8.19 per kg
The fillets were slightly different sizes, but were moist and flavoursome after cooking. They froze well, too, with no deterioration to their delicate taste.

Basics Plain flour, 1.5kg, 47p
A finely milled flour with a slightly off-white colour. It sieved well with no obvious lumps and made a light sponge and a great pancake batter.

Sainsbury's: 0800 636 262, *sainsburys.co.uk*

30 BEST BUDGET BUYS

ASDA

- **THE RANGE** Smart Price
- **NUMBER OF LINES** 775
- **WHAT YOU GET** Plain labelling with basic descriptions and nutritional info.

GoodFood BEST BUY!

Smart Price Natural yogurt, low fat, 500g, 44p
A creamy yogurt with a spoonable consistency, and a lemon freshness. Great with a berry compote and granola for breakfast. It worked well instead of buttermilk in soda bread, too.

Smart Price Lasagne sheets, 250g, 29p
A bit small, but still serviceable. These sheets weren't too thick, had a good bite and a subtle wheaty flavour. They retained their shape, and cooked completely through when we tested them in a veggie lasagne.

Smart Price Golden syrup, 680g, 77p
This didn't have quite the depth of flavour as its famous rival, however it baked well in a sticky ginger cake and was delicious on toast.

Smart Price Brie, 200g, 94p
Could have done with extra ripening, but full of mushroomy flavours and a decent size.

Asda: 0844 873 3333, *asda.co.uk*

BOOTHS

- **THE RANGE** Everyday
- **NUMBER OF LINES** 350
- **WHAT YOU GET** Everyday items such as milk and a range of fruit.

Everyday Mushrooms, 250g, 99p
Even-sized white cup mushrooms with no discolouring and a firm texture. The flavour was more pronounced after stewing.

Everyday Blueberries, 150g, £1.99
Excellent raw, these plump berries were even juicier in a crumble.

Booths: 01772 693 800, *booths.co.uk*

OCADO.COM

- **THE RANGE** The Ocado range
- **NUMBER OF LINES** More than 400
- **WHAT YOU GET** Simple packaging, slightly smaller fruit and vegetables and a varied range, from chorizo to whoopie pies.

Ocado Tuna steak, 240g, £4.80
Line-caught yellowfin tuna. The steaks were thick and juicy and seared well on the griddle. Good for a Niçoise salad, and their meatiness meant they could take robust flavours such as Moroccan or Thai spicing.

Ocado Italian passata, 680g, 85p
Made from Italian tomatoes, this was a sweetly acidic smooth sauce. The thick consistency meant we could use this as a base for pizza toppings as well.

Ocado Mature cheddar, 200g, £1.49
The cheese was slightly sweaty, but the flavour was excellent – sweet yet piquant. We loved the flinty texture. Packed a punch in a cheese sauce.

Ocado: 0845 656 1234, *ocado.com*

THE CO-OPERATIVE

- **THE RANGE** Simply Value
- **NUMBER OF LINES** More than 100
- **WHAT YOU GET** Less fancy packaging, but all products must reach the Co-op's criteria for responsible sourcing.

Simply Value Peeled plum tomatoes, 400g, 39p
With a thick sauce and a punchy tomato flavour, these large and juicy tomatoes had little skin and a minimum of seeds.

Simply Value Orange juice, 1 litre, 71p
Made from concentrate, but it had a fresh citrussy aroma and wasn't too sweet or watery – an issue with many other economy juices.

Simply Value Tomato ketchup, 550g, 41p
A viscous texture with a great flavour that wasn't at all weak, nor too acidic – possibly due to the tomatoes being a main ingredient. Really flavoursome, much better quality than you would expect for the price.

The Co-operative: 0800 0686 727, *co-operative.coop*

WAITROSE

- **THE RANGE** essential Waitrose
- **NUMBER OF LINES** 1,400
- **WHAT YOU GET** Simple packaging. The range spans most of Waitrose's products; meat still reaches the supermarket's ethical standards and veg has LEAF accreditation.

essential Waitrose Fresh custard, 500g, £1.30
This buttery, yellow custard has a lovely, rich vanilla flavour. It's made with skimmed milk, egg and a generous amount of cream. It's thick enough for a trifle layer, but also thins when warmed through to give a good pouring quality.

essential Waitrose Salted dairy butter, 250g, 98p
This dense butter is a little bit difficult to spread, but once it gets to room temperature it creams well – great for making shortbread and silky butter icing. It had a salty tang and wasn't too oily, which was a problem with other ranges.

essential Waitrose Strong white bread flour, 1.5kg, £1.29
A great all-purpose bread flour that produced a light loaf. Unlike others tested, it produced airy results in the breadmaker, too.

essential Waitrose Dijon mustard, 180g, 59p
This had good strength of flavour and a sweet warm heat, which it kept once added to a sauce.

Waitrose: 0800 188 884, *waitrose.com*

SARAH'S SAVVY SHOPPING

Sarah Sysum, *Good Food*'s shopping co-ordinator, recommends what to buy – and the products to avoid.

- **Do** buy mature cheese – they all had good flavour and were fine when grated for a sauce. Cheap packaging can make cheese sweat though, so rewrap in waxed paper.
- **Don't** buy meat – very little meat tested had any ethical accreditation and even less was reared in the UK.
- **Do** buy fruit and veg – yes, some are misshapen, yet generally the flavour and texture was good. Check the packaging, but much of what we tested was grown in the UK or had Fairtrade status.
- **Don't** buy jams or marmalade – of the lines we tried, all were very sweet and lacked any decent chunks of peel or fruit.
- **Do** buy everyday items – butter, yogurt and flour were around 60 per cent cheaper than more expensive brands and we couldn't tell the difference in baking.
- **Don't** be put off by the packaging as we found it really is no reflection of the quality of the product.

- *Do you buy economy lines? We'd love to hear your thoughts. Contact us at the addresses on p3.*

Photographs ADRIAN TAYLOR | Prices correct at time of going to press and prior to 2011 VAT increase

Theo loves the look of stainless steel and has used it for the work surfaces, splashbacks and cupboard uprights

MY KITCHEN Theo Randall

The top London chef tells **Vanessa Berridge** why he wanted his home kitchen to be streamlined, family-friendly and gadget-free

Photographs GEOFF WILKINSON

Foodie parents and foraging childhood holidays in Italy first inspired Theo Randall. He served a four-year apprenticeship in Chez Max in Surbiton, Surrey, before joining the River Café, in London, in his early twenties. Then it was a year with the legendary Alice Waters at Chez Panisse in California, before he returned to the River Café to become head chef and a partner.

He opened his own award-winning restaurant, Theo Randall at The InterContinental, on London's Park Lane in 2006. His first book, *Pasta* (£18.99, Ebury Press) was published last year, and he is a regular on BBC One's *Saturday Kitchen*.

He lives in Primrose Hill with his wife, Natalie, and their children, Max, 11, and Lola, nine.

Why did you need a new kitchen?

When we moved to our 1960s house about three years ago, it hadn't been touched for ages. We decided to keep a little living room, and have a small kitchen and dining room. One of the advantages of renovating the kitchen while you're gutting the whole house is you can take it back to the brickwork and get the extractor fan and electric points exactly right.

Who planned the kitchen?

My father was an architect and I've inherited his modernist taste, so I wanted it streamlined. But the credit must go to Natalie – the house was renovated when my restaurant was in the early stages, so I was working 24/7.

What were your main considerations?

We wanted a light entertaining space for the whole family – a straightforward, gadget-free area, for a clean, uncluttered look. The house is terraced, but it's very bright, so we made the most of the light with floor-to-ceiling glass doors in the dining area – they're open all summer.

When you design a kitchen, it's very important that the space actually works. It really matters if you have the sink in the wrong place, or not enough workspace – or too much.

How did you choose your materials?

We've learned that if you buy off the peg, the cupboard doors begin to chip after a while. Although

The tall, slim Miele fridge fits neatly in a corner of the kitchen

These director's chairs are typical of the timeless classic designs Theo and his wife, Natalie, admire

The dining table is made of burr elm and was originally Natalie's father's boardroom table

Pots and pans can be stowed away under the top-of-the-range Smeg cooker. The orange floor reflects in the stainless-steel surfaces, creating a glowing shine

The under-the-counter freezer keeps the look uncluttered

you can economise on the actual units, spend on quality doors and hinges and employ a professional to install them to make sure everything fits and lasts.

We chose to have shiny white resin for the doors, and then stainless steel for the worktops rather than granite or marble, so that it would reflect the light along with the orange flooring and tap. A strong accent colour makes a vibrant statement.

What about floors and lights?

The rubber flooring tiles are laid on a base of scree and resin, so are very hard-wearing. The floor is non-slip and things don't break if you drop them. The ceiling is quite low, so we decided to have several rows of halogen spotlights, and installed a dimmer switch – essential when you have this many lights.

How do you use the kitchen?

I make the kids' breakfast most days and cook for family and friends on Sundays when the restaurant is closed. I like the fact the kitchen is compact and that you aren't running around all over the place – it would be a good kitchen to do a restaurant service in. Everything fits to the millimetre because there's been no compromise on detail: there's a big fridge, an oven that works well and good storage space.

Anything you would change?

Our kitchen is a lovely cooking space. I can genuinely put my hand on my heart and say there's nothing we would alter.

THEO'S TIPS

- List your likes and dislikes about your kitchen – get rid of the dislikes.
- Think about what you want from your kitchen. Is it a social space or just somewhere to cook?
- It's easy to get carried away with equipment. Know what you want – do you really need another gadget?
- I'd always go for a simple, classic colour for the units. You've got to live with it for a long time. If it's very fashionable, you'll probably be groaning in a couple of years time.
- It's the doors and hinges that matter. You can buy cupboard carcases cheaply, but if doors are well made, they won't chip and will keep their shape.
- Make sure your extractor fan is the same width and height as your cooker.

GET THE LOOK

Theo chose the biggest, energy-efficient Smeg A3 cooker, but you can buy smaller versions. This stainless-steel A1-6 dual fuel cooker (with gas hob and electric oven) from Smeg's Classic Opera range costs £1,720. 0844 809 4930, *marksandspencer-appliances.com*

Keep the design theme with matching electrical appliances. The All New Kettle, £74.99, and Le Toaster 4, £165, both by Magimix, are widely available from good department stores. 01483 427411, *magimix.com*

Choose a tap to match your colour scheme, such as the Vola KV1, £670.93. 01525 841155, *vola.com*

This pure white leather and chrome Delta director's chair, £75, adds a smart touch to a modern design scheme. 08456 049049, *johnlewis.com*

TV news & recipes

Baking Made Easy • Annabel Langbein: The Free Range Cook • Saturday Kitchen • One Man And His Campervan • Something For The Weekend

Royal Upstairs Downstairs

What do you serve a queen for dinner? Well, if the queen is Victoria and your home is one of the grandest in the country, the answer is 10 lavish courses, including soups, fish, roasts, jelly and sweetmeats.

In this new BBC Two series, food historian Ivan Day, with the help of chef Rosemary Shrager, recreates dishes served to impress Queen Victoria when she visited Chatsworth House, Holkham Hall, Woburn Abbey and Blair Castle. While Ivan and Rosemary slave in the kitchens, antiques expert Tom Wonnacott uses house records and Victoria's journals to find out more. Starting soon on BBC Two, weeknights at 6.30pm.

Behind the scenes

As the latest BBC *MasterChef* contestants get the feel of the new studio, we ask judge John Torode what he makes of this year's series

What's different about the new series?

The biggest change is that Gregg (Wallace) and I were in on the auditions. We saw close on 100 people over ten days and each of them got the chance to cook their own food for us and be judged on that.

What is exciting for us is that we have 20 people at the start of the competition, and on the first day we can say, 'one of you is going to win'. Also because we have a bigger crew with more cameras, viewers won't miss a thing.

Do you miss the old studio?

No, I love what Gregg has said about it. It's like when you leave the house you grew up in, you might slow down when you drive past to have a quick look, but you've moved on and would really rather live where you do now.

What do you think viewers will enjoy most?

People always want to know what happened to the previous winners. This year we invited all the past winners back, and the contestants cooked for them.

Tell us about this year's contestants

MasterChef always pushes the boundaries and our ambitions have been more than matched by the contestants; we've seen some extraordinary cooking.

What do you enjoy most?

When I'm working on *MasterChef* I wake up everyday with a big smile on my face; I still find it really exciting. I hope everyone at home loves it for what it is; but the rules basically stay the same. As Gregg says, it's still a bald bloke, an Aussie and lots of great food.

Vendors in the vanguard

The new tribe of street food providers offers exciting alternatives to tired burgers and soggy sandwiches, says Simon Parkes, from *The Food Programme*

A few months ago, I tucked into a fantastic hot pitta crammed with crisp falafels, fresh salads, houmous and tahini dressing on a college campus in Falmouth, Cornwall. As a judge for the Takeaway Food category in last year's BBC Food and Farming Awards I'd travelled quite a way for a sample. The open-sided trailer van shouted out its name – FalFalafel – in a big, splodgy, hippy-dippy kind of way. But boy, were they good falafels.

It's the work of James Heffron and his Israeli wife Hagit, who do just one thing and do it supremely well. They source all their ingredients, cook their food, serve, clear away and move on. For most of the year, they occupy regular pitches around Cornwall but sometimes turn up somewhere unannounced in a pop-up way. And where they go, so do their devotees.

The fact that there are fans prepared to hike round Britain for a fairly simple Middle Eastern snack might come as a surprise, but FalFalafel is not alone.

There's a growing band of entrepreneurs out to change the quality of what we eat on the go. Their aim is to oust the anonymous vans selling kebabs or hot dogs with little, or no, known provenance.

So, we have vendors like The Bell & Brisket, serving a contemporary version of salt beef sandwiches; Eat My Pies, offering everything from pork pies to Scotch eggs and custard tarts; The Meatwagon (above) with its exemplary burgers, and Choc Star who are a chocoholics' dream.

FOOD FOR THOUGHT

For them and many others, this is their way into the food business, avoiding the huge start-up costs associated with a restaurant or retail outlet. They use social networking sites to connect with their clientele. And, most importantly, they nearly all have great vans.

According to critic Richard Johnson, the man behind the British Street Food Awards (*britishstreetfood.co.uk*), 'your flash is your cash' and a great-looking vehicle helps business. That's why old ice-cream vans or Citroën camionettes are being refitted for 21st-century vending purposes.

This new breed of yellers and costermongers are determined Britain's food revolution should happen at every level. Their food may be cheap but the ingredients, and the care lavished upon them, are clearly anything but.

BBC RADIO 4 92–95 FM

***The Food Programme* is on BBC Radio 4 on Sundays at 12.30pm, repeated on Mondays at 4pm. You can listen to previous episodes on the BBC iPlayer.**

One Man And His Campervan

Martin Dorey, campervan lover and passionate foodie, travels and cooks around the UK in a new series on weeknights from Monday 7 February, 6.30pm on BBC Two

Wild boar sausages with red onion & rustic mash

SERVES 2 • PREP 15 mins • COOK 10 mins Easy

Going camping? This is a must-have recipe. Every camp-out should have bangers and mash. When I was filming in the Lake District I was lucky enough to meet farmer and foodie Peter Gott at his farm at Sillfield. He introduced me to his wild boar and showed me how to make my own wild boar sausages.

I later cooked them in a thunderstorm at the side of Coniston Water. Despite the weather it was a wonderful meal. Easy, quick and tasty.

Leaving the skins on the spuds saves effort and gives the mash a proper outdoor feel. Liven it up with a dollop of your favourite chutney. If you can't get wild boar near you, you can buy it online at sillfield.co.uk.

6 large white potatoes, scrubbed
4 fat, juicy wild boar sausages
1 red onion, sliced
1 heaped tsp horseradish sauce
1 heaped tsp wholegrain mustard
60g butter (about ¼ of a pack)
dash of milk
your favourite jelly or chutney (cranberry is ideal)

1 Chop the potatoes into several chunks (don't peel) and boil in lightly salted water for about 10 mins or until cooked. Meanwhile fry the sausages in a frying pan or heavy skillet for about 10 mins or until golden. Halfway through cooking, add the red onion to the pan and cook until tender.
2 Drain the potatoes. Mash roughly and add the horseradish, mustard, a good grind of black pepper and butter. Add a pinch of sea salt. Mix it up with a fork but not so much that it becomes creamy and smooth. Add a dash of milk to ensure it is a rich, moist mix but still has a rustic consistency. Serve up and, if you're camping, seek shelter from the rain.

Thai-style moules in coconut milk & coriander

SERVES 2 • PREP 25 mins • COOK 15 mins Easy

This is an old favourite. It's simple and delicious. In One Man And His Campervan, *I cooked it on the beach with mussels I'd picked off the rocks. Don't worry if you can't get to the coast to pick your own – just make sure your mussels are fresh. I also used some wild garlic or ramsoms (as well as ordinary garlic), but you don't have to.*

The great thing about this dish is that it's quick and requires just one big pan – so it's absolutely perfect for camping. Even if you've bought the mussels it's always a good idea to leave them in a bucket of fresh water with a dash of malt vinegar for half an hour or so before de-bearding and cleaning them. This encourages them to 'spit out' any grit. If any float, discard them. Also, if any fail to open during cooking, discard them too.

four handfuls moules (about 1kg)
splash vegetable oil
small knob butter
few spring onions, chopped
few garlic cloves, finely chopped
1 red chilli, finely chopped
1-2 tsp freshly grated ginger
⅓ x 400g tin coconut milk
zest and juice 1 lime
big handful coriander

1 Prepare your mussels. Pull away their beards and scrub well. Pour a splash of oil in a large pan. Add the butter. Add the spring onions, garlic, chilli and ginger. Fry for a few mins then add the coconut milk, bring to the boil and simmer for 3-4 mins.
2 Add the mussels, cover with lid and cook for 6-7 mins. Stir occasionally. Just before you serve, squeeze in the lime juice and zest and chuck in the coriander. Stir it up and serve it steaming hot with a door step of crusty white bread. Top it off with a very cold beer.

Recipes adapted from *The Camper Van Cookbook* by Martin Dorey and Sarah Randell, (£16.99, Hodder)

When not travelling the country in Pootle, his 28-year-old Volkswagen campervan, Martin Dorey, a writer and keen surfer, lives on the North Devon coast with his wife, Joanne, and daughters Maggie and Charlie. In this new series, Martin seeks out seasonal ingredients as he travels around the country taking advice from local food producers and fellow holidaymakers. At the end of each episode he cooks a feast on his two-ring cooker for the people he's met.

News KATHRYN CUSTANCE | Programme information correct at time of going to press. Please check *Radio Times*, radiotimes.com or bbc.co.uk for transmission details | Photographs BBC, BEN BROWN

Saturday Kitchen

James Martin's guest chefs this month include Kevin Dundon, on the show 12 February, and Atul Kochhar, in the studio 19 February – BBC One, 10am

KEVIN DUNDON

Roast rack of lamb in Irish stew consommé

SERVES 4 • PREP 40 mins plus chilling overnight • COOK 2 hrs 25 mins Moderately easy

Make the consommé the day before needed. It's best if chilled overnight, so you can easily remove any fat that settles on the top.

FOR THE CONSOMME
1kg scrag end neck of lamb bones
1 leek, roughly chopped
2 carrots, roughly chopped
½ large onion, finely diced
2 celery sticks, roughly chopped
1 large bay leaf
1 large thyme sprig
small handful flat-leaf parsley stalks
few black peppercorns
FOR THE STEW
2 x 7-bone best ends of lamb
175g baby carrots
275g baby new potatoes
½ large onion, finely diced
1 tbsp olive oil
1 leek, finely julienned
rosemary sprigs, to garnish

1 For the consommé, place all the ingredients into a large stockpot and cover with at least 1.75 litres of cold water. Place over a medium heat and bring to the boil. Skim off any froth or grease that rises to the surface with a slotted spoon. Lower the heat and simmer, uncovered, for about 2 hrs or until reduced by nearly two-thirds – you'll need 450ml stock. Strain the stock through a fine sieve into a large jug and leave to cool overnight.
2 For the stew, heat oven to 200C/180C fan/gas 6. Season the racks of lamb and place in a small roasting tin. Roast in the oven for 20-25 mins, or longer, if you prefer your lamb less pink. Remove from the oven and set aside in a warm place to rest for 10-15 mins.
3 Meanwhile, peel and shape the baby carrots and potatoes into neat barrels. Place them into a clean saucepan with the reduced lamb stock and diced onion. Place on the heat and bring to a simmer. Cook the vegetables gently for 10-15 mins, or until the potatoes are completely tender but are still holding their shape. Season. Heat the olive oil in a frying pan, add the leek and sauté for 3-4 mins until softened but not coloured. Season.
4 To serve, carve the rested racks of lamb into chops. Put the leek julienne in the centre of each warmed wide-rimmed serving bowl and spoon around the Irish stew consommé. Arrange the lamb chops on top of the leeks and garnish with rosemary.

ATUL KOCHHAR

South Indian fish sandwich

SERVES 4 • PREP 35 mins • COOK 25 mins Moderately easy

FOR THE FISH
½ tsp chilli powder
1 tsp ground coriander
½ tsp ground turmeric
2 tbsp tamarind pulp
4 small plaice, filleted
FOR THE CRAB MIXTURE
4 tbsp vegetable oil
1 tsp cumin seeds
2 green cardamom pods, crushed lightly with the back of a spoon
1 bay leaf
2.5cm piece of cinnamon stick
3 cloves
5 black peppercorns
2 small onions, finely chopped
2 tbsp ready-made ginger-garlic paste or 1 tbsp finely chopped garlic and 1 tbsp grated ginger
3 tomatoes, chopped
¼ tsp ground turmeric
1½ tsp ground coriander
½ tsp chilli powder
250g fresh white crabmeat
1 tbsp coriander leaves, finely chopped
TO SERVE
16 cherry tomatoes, halved
1 punnet cress
1 tsp balsamic vinegar
1 tbsp extra virgin olive oil
¼ tsp ground turmeric

1 For the fish, mix together the chilli powder, coriander, turmeric, tamarind and some salt. Rub the spice mix into the flesh side of the plaice fillets. Set aside to marinate.
2 Meanwhile, for the crab mixture, heat the vegetable oil in a frying pan over a medium-high heat, then add the cumin, cardamom, bay, cinnamon, cloves and peppercorns (take care as the spices may spit). Fry for 2-3 mins, or until the spices are toasted and fragrant and start to crackle. Add the onions and fry for 5 mins or until lightly browned, then stir in the ginger-garlic paste and fry for 2-3 mins.
3 Add the tomatoes, turmeric, coriander and chilli powder. Fry for 10 mins or until the tomatoes have reduced to form a thick sauce. Stir in the crabmeat, season with salt, to taste, and sprinkle over the chopped coriander.
4 Heat grill to high. Put the plaice fillets on a baking tray, skin-side down, and place under the hot grill. Cook for 1-2 mins, until the flesh becomes firm and opaque. Remove from the grill and top half the plaice fillets with the crab mixture. Top with the remaining plaice fillets, skin-side up, to form a 'sandwich' (skin should be on the outside).
5 Return to the grill for 3-5 mins, turning once, until the fish is completely cooked and the skin is crisp and golden. To serve, place a fish sandwich onto the centre of each of four serving plates. Pile the tomatoes alongside and top with cress. Whisk the vinegar, oil and turmeric together and pour over.

This recipe comes from *Saturday Kitchen: At Home* (BBC Books, £20)

JAMES MARTIN

Red wine & macaroon chocolate mousse

SERVES 4 • PREP 20 mins plus chilling • COOK 5 mins Easy

75g macaroons
75ml red wine, preferably Bordeaux
200g dark chocolate (minimum 70% cocoa solids)
25g butter
150ml double cream
3 free-range egg whites
50g white chocolate
4 tuile biscuits, to serve

1 Divide the macaroons between 4 glasses. Pour over the red wine until the macaroons are just covered, and set aside. Meanwhile, melt the chocolate and butter in a bowl set over a pan of simmering water and set aside to cool slightly.
2 Whip the cream in a bowl until soft peaks form then whisk into the melted chocolate. Whisk the egg whites until stiff peaks form. Fold into the chocolate mixture until just combined. Spoon the chocolate mousse into a piping bag and pipe over the wine-soaked macaroons. Set aside to chill in the fridge for 1-2 hours, or until just set.
3 Grate the white chocolate over the top of the mousse and serve with the tuile biscuits alongside.

Photographs BBC, DARAGH MCDONAGH, MATT MUNRO, KATE WHITAKER | Recipes compiled and tested by PETRA JACKSON

Annabel Langbein: The Free Range Cook

New Zealand cook Annabel Langbein makes these two nutty recipes in her new series Monday-Thursday at 6pm from 7 February on the Good Food channel (Sky 249 or Virgin 260)

Pear, walnut & halloumi salad

SERVES 6 as a starter • PREP 15 mins • COOK 10 mins Easy

4 tbsp grapeseed oil
125g walnuts
2 ripe pears
juice of ½ lemon
250g halloumi, thinly sliced
150g fresh watercress sprigs or baby spinach leaves
2 avocados, cut into chunks (optional)

1 Heat 3 tbsp of oil in a frying pan, add walnuts and fry over a medium heat until lightly browned – about 2-3 mins. Lift out of the oil with a slotted spoon and drain on a paper towel. Reserve the oil to dress the salad. Alternatively, roast them on a baking sheet at 180C/160C fan/gas 4 for 10-12 mins.
2 Halve and core the pears and slice each half into 6-8 wedges. Place in a bowl and toss gently with the lemon juice. Heat oil in a frying pan over a high heat. Fry the halloumi slices for 2-3 mins each side or until they are golden.
3 Place watercress or spinach in a large bowl. Add the pears and their juices, the walnuts and their oil (if they've been baked, add 2 tbsp olive oil), the fried halloumi and the avocado, if using. Season to taste then toss gently. Transfer to a serving bowl or individual plates.

Espresso hazelnut ripple

SERVES 10-12 • PREP 15 mins plus chilling • COOK 15 mins
Moderately easy

A wonderful accompaniment to serve with coffee or a platter of fresh fruit when you've got friends or family round. You can swap the hazelnuts for other nuts – walnuts, almonds or pecans are a good alternative.

150g shelled hazelnuts
375g white chocolate
375g best-quality dark chocolate
2 tsp finely ground espresso coffee beans

1 Line a shallow baking tray or roasting dish measuring at least 35 x 25cm with baking paper. Heat oven to 180C/160C fan/gas 4. Roast the hazelnuts in a baking dish for about 12-15 mins or until they're golden and aromatic. (Check during cooking time so they don't burn). Allow to cool and then rub off their loose skins in a clean tea towel. (Don't worry – they don't need to be fully skinned).
2 Place the white chocolate in a double boiler or microwave and melt (if using a microwave, heat for about 2 mins, stirring after 1 min and then every 30 secs until melted and smooth). Melt the dark chocolate in a separate bowl, using the same method.
3 Mix most of the hazelnuts into the melted white chocolate. Roughly mark 5 long rows onto the lined tray. Spread the white chocolate along row 2 and 4. Sprinkle extra nuts where needed. Mix the ground coffee into the dark chocolate. Spread this mixture into the other 3 rows. Create a swirled effect by pulling a knife across the rows 3 or 4 times each way.
4 Leave in a cool place until set. Cut or break into chunks and place on a large platter to serve.

Annabel Langbein may be new to UK viewers but she's well-known in her native New Zealand. She's written 16 cookbooks and is a campaigner for sustainable living.
She grows fresh produce at her Auckland home and the cabin on the shores of Lake Wanaka where the series is filmed.

Something For The Weekend

Chef and restaurateur Simon Rimmer cooks with Tim Lovejoy and guests every Sunday at 10am on BBC Two

Prawn massaman curry

SERVES 6 • PREP 25 mins • COOK 30 mins **Easy**

This curry packs quite a punch in the heat department – reduce the amount of chilli if you prefer.

FOR THE CURRY PASTE
12 chillies
3 shallots, finely chopped
5 garlic cloves, finely chopped
2 lemongrass stalks, trimmed & chopped
2.5cm ginger, peeled & chopped
1 tsp cumin seeds
1 tsp coriander seeds
2 cloves
6 black peppercorns
1 tsp shrimp paste
1 tsp caster sugar
30ml vegetable oil
FOR THE PRAWNS
500g raw king prawns, peeled
250ml coconut cream
400g tin coconut milk
2-3 tsp fish sauce
1 tbsp tamarind paste
1 tsp palm sugar
1 cinnamon stick
1 onion, finely sliced
225g cooked baby potatoes
50g peanuts

1 To make the paste, dry-fry the chillies, shallots, garlic, lemongrass, ginger, cumin, coriander seeds, cloves and peppercorns for 5-6 mins. Then blend with the shrimp paste, sugar and oil until smooth.
2 Set a large frying pan or wok over a medium heat. Add the curry paste and fry for 2-3 mins or until it becomes fragrant. Add the prawns and cook for 2 mins. Stir in the coconut cream a little at a time, followed by the coconut milk and bring to the boil. Add the fish sauce, tamarind, palm sugar, cinnamon stick and sliced onion, and simmer gently, stirring occasionally for about 15 mins, or until onion has softened.
3 Add potatoes and cook for 5 mins or until completely heated through. Serve curry on a bed of boiled rice topped with the peanuts.

Honey & pistachio pudding

SERVES 6 • PREP 20 mins • COOK 1½ hrs **Moderately easy**

50g unsalted butter, plus extra for greasing
175g caster sugar
2 eggs, beaten
50g soured cream
1 vanilla pod
175g self-raising flour
75g golden raisins
175g unsalted pistachios, shelled and lightly crushed, plus extra to serve
finely grated zest and juice 1 orange
100ml honey, plus extra to serve
FOR THE SAUCE
100ml double cream
100g unsalted butter
100g soft dark brown sugar
200g Greek yogurt

1 Thoroughly grease a 1 litre pudding basin with a lid. Cream the butter and sugar together until pale and fluffy. Beat in the eggs and soured cream. Split the vanilla pod and scrape out the seeds into the bowl. Sift flour then fold in with the raisins, nuts and orange. Spoon into the basin and snap on the lid, or cover with foil. Steam for 1-1½ hrs, or until well risen and springy to the touch.
2 For the sauce, put cream, butter and sugar into a pan set over a low heat. When butter has melted, stir and bring to the boil. Boil for 1 min, then take off heat and leave to cool. Stir in the yogurt.
3 Turn out the pudding and serve with more honey and nuts on top, and the sauce.

Baking Made Easy

Lorraine Pascale shares her baking secrets in this new BBC Two series on Mondays at 8.30pm until 14 February

Mojitos Genoise

SERVES 8-10 • PREP 1½ hrs • COOK 40 mins **For the confident cook**

The Genoise is a traditional Italian cake from Genoa. It has a very light buttery texture and uses no chemical raising agent. Needless to say, for this cake to work it needs the living daylights whisked out of it.

FOR THE SUGAR SYRUP
150g soft light brown sugar
40ml water
zest and juice 2 limes
80ml white rum
bunch of mint, leaves only
FOR THE SPONGE
260g caster sugar
6 eggs, lightly beaten
115g butter, melted and cooled, plus extra for greasing
260g plain flour
FOR THE BUTTERCREAM
100g butter, softened
200g icing sugar
seeds of 1 vanilla pod or 2 drops vanilla extract
zest and juice 1 lime
FOR THE PECAN COATING
vegetable oil for greasing
200g granulated sugar
200g pecans
TO DECORATE
lime wedges
whole pecans

1 Heat oven to 200C/180C fan/gas 6. Grease a 20cm round, deep sandwich tin and line base with baking paper. Make the syrup; put the sugar, water, lime juice and rum in a medium pan over a low heat. Cook until sugar dissolves, then boil for 2-3 mins or until the syrup thickens. Add the mint and lime zest and set aside.
2 Fill a large saucepan two-thirds full with water and place over a high heat. Bring to the boil. Set a large heatproof bowl over the pan; make sure it does not touch the water. Add the sugar and eggs, and whisk for about 10 mins. Remove bowl from heat and whisk for 5 mins. The mixture is ready when it holds itself well if you take a spoonful and then drop it back in, the 'blob' takes 3-4 secs to blend back in.
3 Pour the melted butter into the bowl around the sides. Fold the butter into the egg mix, moving the bowl around and scraping down to the bottom to fold the mixture over itself, using as few movements as possible.
4 Fold in the flour until the mixture is uniform and even. Pour gently into the tin and bake in centre of oven for 30-35 mins. The cake should spring back when pushed lightly and be a light golden colour. Leave to cool for 10 mins then remove from tin and place on wire rack to cool completely. Once cold, slice the cake in half horizontally and set aside.

Photograph MYLES NEW

5 To make the butter cream; put the butter, icing sugar and vanilla into a bowl and whisk until pale and fluffy. Add the lime zest and juice to taste.
6 To make the pecan coating, oil a baking tray. Put the sugar in a pan over a low heat and leave to melt. Stir as little as possible. If any sugar sticks to the side of the pan, dip a pastry brush in water and brush it off. Once melted, bring mixture to the boil and cook for 1 min. Take care not to let it burn. Add the nuts and pour mixture onto baking sheet. Leave until cold. Either blitz in a food processor or use a rolling pin to smash up the pieces in a plastic bag so they're breadcrumb size.
7 To assemble cake, put a dollop of butter cream onto serving plate. (This stops the sponge sliding around the plate). Place the bottom of the sponge on the plate and brush with syrup. Be very generous to make the cake really moist. Put a big dollop of butter cream on top and spread over with a palette knife. Take the top half of the cake, turn cut side up and brush with syrup. Turn back over and place on bottom half. Cover the whole cake with buttercream, making sure it is as smooth as possible. Put in fridge for 10 mins.
8 Coat sides of cake in pecan mix. Decorate top with lime wedges and whole pecans.

Recipes taken from *Baking Made Easy* by Lorraine Pascale (HarperCollins, £20)

Coming up next month – April's TV recipes will be featuring dishes from the new series of *The Hairy Bikers: Mums Know Best*, which starts 10 February at 8pm on BBC Two.

Macaroons

MAKES 24 (12 sandwiched together) • PREP 30 mins (plus standing time) • COOK 20 mins

For the confident cook

Beautiful macaroons are one of the current sweet crazes. Make a batch, put them in a pretty box tied up with ribbon and give them to a friend as a dazzling gift.

FOR THE ALMOND PASTE
125g icing sugar
125g ground almonds
40g egg whites
FOR THE MERINGUE
2 tbsp water
110g caster sugar
50g egg whites
food colouring (optional)
TO DECORATE
desiccated coconut for sprinkling (optional)
150ml double cream, whipped

1 Heat oven to 170C/150C fan/gas 3. Line a large baking tray with baking paper. Put the icing sugar, almonds and egg whites in a bowl and mix to a paste.
2 Put the water and caster sugar in a small pan and heat gently to melt the sugar. Turn up the heat and boil until mixture turns syrupy (about 115C on a thermometer). Whisk egg whites in a bowl until stiff. Whisking continuously, pour in the sugar syrup and keep whisking until mixture becomes stiff and shiny. If you wish to make coloured macaroons, add a few drops of food colouring. Tip the meringue mixture into the almond paste and stir gently until mixture becomes stiff and shiny again.
3 Spoon into a piping bag fitted with a 1cm plain nozzle. With the bag held vertically, pipe 4cm flat circles onto the lined tray about 2cm apart. Give the baking sheet a couple of sharp taps on the work surface to flatten them out. Sprinkle with coconut (if using). Leave to stand for 30 mins to let a skin form.
4 Heat oven 170C/150C fan/gas 3. Bake macaroons in oven for about 15-20 mins or until firm. Leave to cool on the paper then sandwich together with whipped cream.

My life on a plate
ROSEMARY SHRAGER

Following a career as a professional chef, Rosemary Shrager established her own cookery school at Swinton Park in the Yorkshire Dales where her skills as a teacher soon made her much in demand as a TV presenter.

In her new BBC Two series, *Royal Upstairs Downstairs*, Rosemary visits the kitchens of some of the country's finest homes, where she helps historian Ivan Day recreate dishes served to Queen Victoria on her travels.

Earliest food memory?
I hated milk, but I adored taking the cream off the top and pouring it over raspberries or loganberries that were picked from the garden and sprinkled with sugar.

First recipe you cooked?
Scones, which I made regularly from the age of six or seven. I just loved cooking. I think it's a gene in me and I see it now in my grandchildren.

Food hero?
I learnt most of my skills from cookery books; the most important to me was Julia Child's *Mastering The Art Of French Cooking*. I cooked from it so much I went through three copies; she made it all seem so easy. The books by the French chefs Michel Guérard (*Cuisine Minceur*) and Jacques Pépin (*La Technique*) were also hugely influential; they took my cooking to a different level.

Most memorable meal?
One of the most wonderful meals I ever had was at Nick Nairn's first restaurant, Braeval, near Aberfoyle, Scotland. He cooked me pigeon and I'll never forget the sauce he made to go with it – a very mild, chocolatey sauce, perfectly balanced with wonderfully subtle flavours.

Best job in the kitchen?
I love making sauces.

And one you loathe…
Washing up.

Luxury you couldn't do without?
Monte San Savino organic extra virgin olive oil, which I get straight from Tuscany every year.

Food you hate?
Marmite, pigs' ears and chickens' feet.

Ideal meal?
I've never been to Japan, so I'd go and eat in a top Japanese restaurant somewhere in the mountains, sitting cross-legged at the table.

Secret ingredient?
Coffee beans: one or two cooked in a sauce – sweet or savoury – before straining adds a very interesting flavour that no one can put a finger on.

Guilty pleasure?
Crunchy peanut butter.

Favourite piece of kitchen kit?
I have a very flexible, very worn, paint scraper which I bought 30 years ago for £2.50 and use for all sorts of jobs. If I lost it, I would probably retire.

Royal Upstairs Downstairs is on weeknights at 6.30pm, BBC Two, from 7 March. Rosemary's latest book *Rosemary Shrager's Absolutely Foolproof Classic Cooking* will be published in May (Hamlyn, £18.99). To find out more, visit *rosemaryshrager.com*.

Getting the best from GoodFood recipes

TRIPLE-TESTED SO THEY WORK FIRST TIME

Why you can cook our recipes with confidence
All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the *Good Food* Test Kitchen by our cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is tested rigorously. We know your time and money are precious – so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
- We use easily available ingredients and include seasonal fruit and veg.
- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
- To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers.

For more know-how, including step-by-step videos, visit our website *bbcgoodfood.com*.

What our symbols mean
Easy Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

Moderately easy These require a bit more skill – such as making pastry.

For the confident cook Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

V Suitable for vegetarians Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.

Not suitable for freezing

Suitable for freezing Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.

Low fat 12g or less per portion.

Good for you Low in saturated fat and salt.

Heart healthy Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.

Healthy eating

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit.

Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

How much should I be eating?
Guideline Daily Amounts (GDA) advise you how much of a nutrient you should eat each day.

Kcalories (GDA) Women, 2,000; men, 2,500.

Fat (GDA) Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

Salt (GDA) Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

Sugar (GDA) women 90g; men 120g (we analyse recipes for total sugar – natural and added).

We regret that we are unable to answer medical/nutritional queries.

Photographs KEN MCKAY, REX FEATURES

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Make of the month

Little Irish charmers

Celebrate St Patrick's Day – 17 March – with **Sarah Cook's** gorgeous cakes, great for dessert or an afternoon tea Photograph GARETH MORGANS

Black velvet baby cakes

MAKES 6 • PREP 35 mins • COOK 20-25 mins Easy Cakes only

100g/4oz softened butter, plus extra for greasing
175g/6oz light brown soft sugar
1 egg
100g/4oz self-raising flour
50g/2oz ground almonds
½ tsp bicarbonate powder
5 tbsp cocoa, plus a little extra for decorating
150ml/¼pt Guinness
FOR THE CREAM
200ml/7fl oz double cream
25g/1oz icing sugar
splash Champagne, optional

1 Heat oven to 180C/160C fan/gas 4. Grease and line the bases of 6 dariole moulds with baking parchment. Put the butter, sugar, egg, flour, ground almonds, bicarbonate, cocoa and Guinness in a mixing bowl. Beat together until lump-free. Divide between the tins then bake for 20-25 mins until risen and a skewer poked in comes out clean. Cool for 15 mins, then remove from tins and cool completely – the same way up they baked, don't turn upside-down.
2 Whip cream with the icing sugar and splash of Champagne, if using, until thick. Spoon a dollop onto the top of each cake and dust with a touch of cocoa. Serve with glasses of Champagne or Black Velvets for pudding.

PER SERVING 587 kcals, protein 5g, carbs 52g, fat 41g, sat fat 21g, fibre 2g, sugar 36g, salt 0.59g

Food styling LIZZIE HARRIS | Styling ARABELLA McNIE